Cybex 750T Treadmill
Product Number 751T
Owner's Manual

Cardiovascular Systems

Part Number LT-20406-4 J

www.cybexinternational.com

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About This Manual

An Owner's Manual is shipped with each unit. To purchase additional copies of this manual or any other Cybex manual, please do one of the following:

- fax your order to 508-533-5183
- contact Cybex Customer Service at 888-462-9239
- or contact Cybex Customer Service at 508-533-4300

To contact Cybex with comments about this manual you may send email to techhelp@cybexintl.com.

FCC Compliance Information

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception (which can be determined by turning the equipment off and on) the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

1 - Safety

IMPORTANT: *Read all instructions and warnings before using the treadmill.*

Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for the site match the voltage of the treadmill that has been received. The power requirements for the Cybex 750T Treadmill include a grounded, dedicated circuit, rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 60 Hz, 20A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

See the serial number decal for the exact voltage requirements of the treadmill.

WARNING: Do not attempt to use this unit with a voltage adapter. Do not attempt to use this unit with an extension cord.

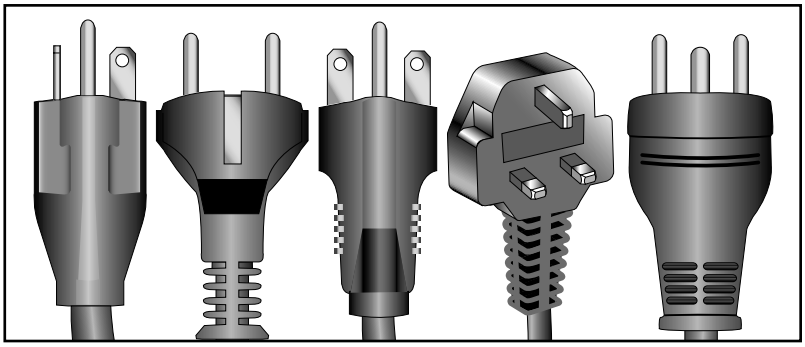
WARNING: Do not plug more than one unit into a single circuit.

Grounding Instructions

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if there is doubt as to whether the treadmill is properly grounded. Seek a qualified electrician to perform any modifications to the cord or plug. Cybex is not responsible for injuries or damages as a result of cord or plug modification.

This treadmill is for use on a grounded, dedicated circuit. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



115 VAC	Euro Plug	220 VAC	UK	Danish
NEMA 5-20	CEE 7/7	NEMA 6-15	230 VAC	IEC320

Important Safety Instructions

(Save These Instructions)

DANGER: To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet immediately after using it and before cleaning it.

WARNING: Serious injury could occur if these precautions are not observed. To reduce the risk of burns, fires, electric shock, or injury:

User Safety Precautions

- Obtain a medical exam before beginning any exercise program.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

- Stop exercising if you feel faint, dizzy, or experience pain and consult your physician.
- Obtain instruction before using.
- Read and understand the Owner's Manual and all warnings posted on the unit before using.
- Read and understand emergency stop procedures.
- **DO NOT** wear loose or dangling clothing while using the treadmill.
- Keep all body parts, towels, water bottles and the like free and clear of moving parts.
- Place your feet on the two top steps when starting or stopping the treadmill.
- Use the treadmill handrails for support and to maintain balance.
- Keep children away from the treadmill. Teenagers and disabled persons must be supervised while using.
- **DO NOT** use the unit if you exceed 400 lbs. (181 kg). This is the rated maximum user weight.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.
- Stop and place the treadmill at 0 degrees incline (level) after each use.
- Disconnect power before servicing.

Facility Safety Precautions

- Instruct all users on how to clip the e-stop clip onto their clothing and carefully test it prior to using the treadmill.
- Instruct all users to use caution when mounting and dismounting the treadmill.
- Use a dedicated line when operating the treadmill. ***NOTE:*** *A dedicated line requires one circuit breaker per unit.*
- Connect the treadmill to a properly grounded outlet only.
- **DO NOT** operate electrically powered treadmills in damp or wet locations.

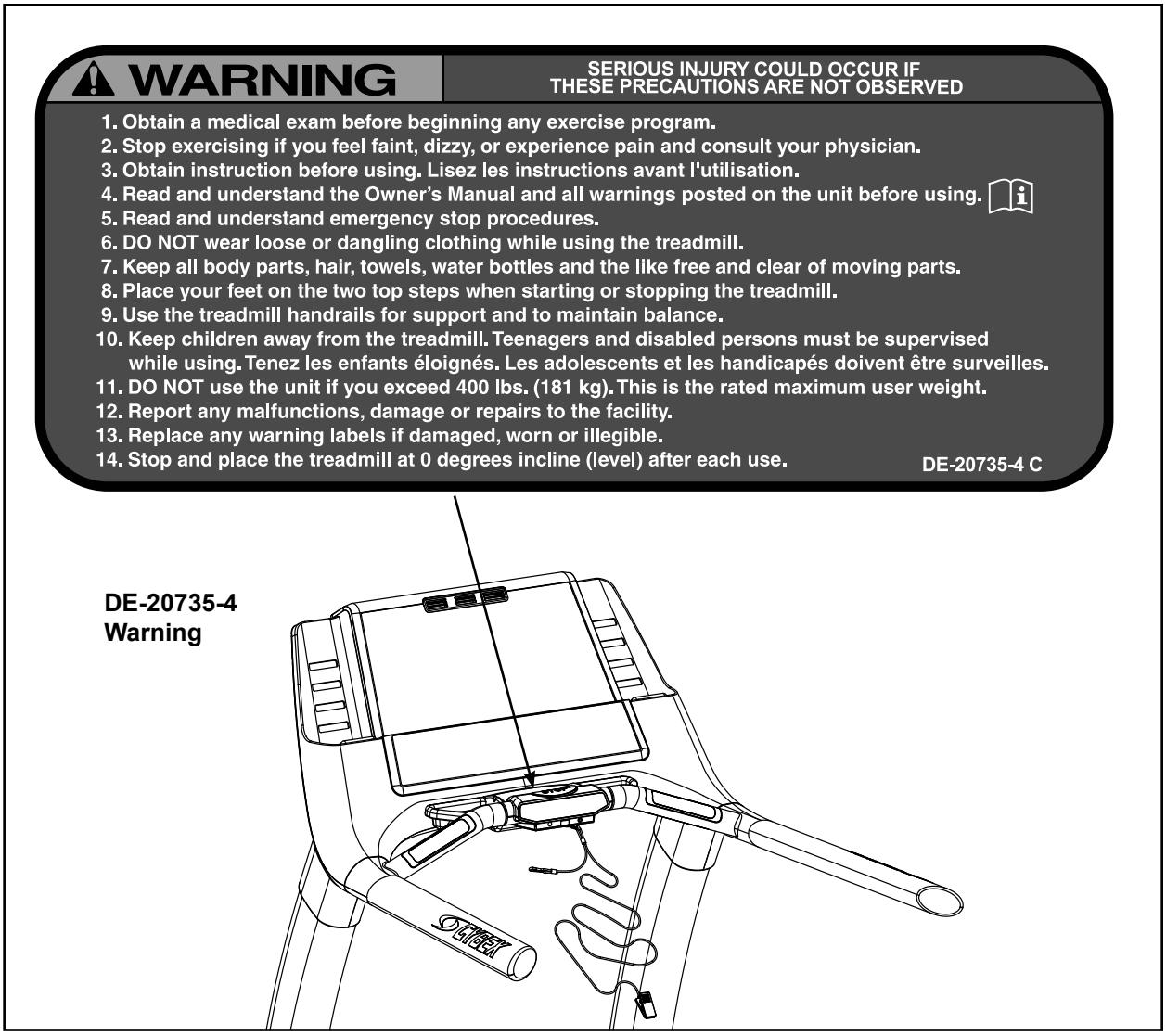
- Keep the running belt clean and dry at all times.
- **DO NOT** leave the treadmill unattended when plugged in and running. ***NOTE:*** *Before leaving the treadmill unattended, always wait until the treadmill comes to a complete stop and is level. Then, turn all controls to the STOP or OFF position and remove the plug from the outlet. Remove the e-stop key from the treadmill.*
- Immobilize the treadmill (when not in use) by removing the e-stop key.
- Inspect the treadmill for worn or loose components before each use. Do not use until worn or damaged parts are replaced.
- Maintain and replace worn parts regularly. Refer to "Preventive Maintenance" section of Owner's Manual.
- **DO NOT** operate the treadmill if: (1) the cord is damaged; (2) the treadmill is not working properly or (3) if the treadmill has been dropped or damaged. Seek service from a qualified technician.
- **DO NOT** place the cord near heated surfaces or sharp edges.
- **DO NOT** use the treadmill outdoors.
- **DO NOT** operate the treadmill around or where aerosol (spray) or where oxygen products are being used.
- Read and understand the Owner's Manual completely before using the treadmill.
- Ensure all users wear proper footwear on or around all Cybex equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Provide the following clearances: 19.7 inches (0.5 m) at each side, 79 inches (2.0 m) at the back and enough room for safe access and passage at the front of the treadmill. Be sure your treadmill is clear of walls, equipment and other hard surfaces.
- **DO NOT** attempt repairs, electrical or mechanical. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use Cybex factory parts when replacing parts on the treadmill.
- **DO NOT** modify the treadmill in any way.
- **DO NOT** use attachments unless recommended for the treadmill by Cybex.
- Ensure all User and Facility Safety Precautions are observed.

- Carefully read and understand the following before using the 750T treadmill:
  - Warning Decals
  - Caution Decals

To replace any worn or damaged decals do one of the following: Visit www.cybexinternational.com to shop for parts online, fax orders to 508-533-5183 or contact Cybex Customer Service at 888-462-9239. If you are located outside of the USA, call 508-533-4300. For location or part number of labels, see the parts list and exploded-view diagram. This information can be found in the *Service* chapter in this manual or on the Cybex web site at www.cybexinternational.com.

Warning Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decals used on the Cybex 750T are shown below.


WARNING
SERIOUS INJURY COULD OCCUR IF
THESE PRECAUTIONS ARE NOT OBSERVED
1. Obtain a medical exam before beginning any exercise program.
2. Stop exercising if you feel faint, dizzy, or experience pain and consult your physician.
3. Obtain instruction before using. Lisez les instructions avant l'utilisation.
4. Read and understand the Owner's Manual and all warnings posted on the unit before using.
5. Read and understand emergency stop procedures.
6. DO NOT wear loose or dangling clothing while using the treadmill.
7. Keep all body parts, hair, towels, water bottles and the like free and clear of moving parts.
8. Place your feet on the two top steps when starting or stopping the treadmill.
9. Use the treadmill handrails for support and to maintain balance.
10. Keep children away from the treadmill. Teenagers and disabled persons must be supervised while using. Tenez les enfants éloignés. Les adolescents et les handicapés doivent être surveilles.
11. DO NOT use the unit if you exceed 400 lbs. (181 kg). This is the rated maximum user weight.
12. Report any malfunctions, damage or repairs to the facility.
13. Replace any warning labels if damaged, worn or illegible.
14. Stop and place the treadmill at 0 degrees incline (level) after each use.
DE-20735-4 C

DE-20735-4
Warning

WARNING WARNUNG 警告 ПРЕДУПРЕЖДЕНИЕ
AVERTISSEMENT ADVERTENCIA VARNING
DISCONNECT POWER BEFORE SERVICING.
DÉBRANCHEZ L'ALIMENTATION AVANT DE FAIRE L'ENTRETIEN.
VOR SERVICEAR-BEITEN NETZSTECKER ZIEHEN.
CORTE LA ENERGIA ELECTRICA ANTES DE REPARAR.
修理点検の前に電源を切って下さい。
KOPPLA IFRÅN STRÖMMEN INNAN SERVICE UTFÖRS.
ОТКЛЮЧИТЕ ПИТАНИЕ, ПРЕЖДЕ ЧЕМ ПРИСТУПАТЬ К ОБСЛУЖИВАНИЮ.
DE-20427 A

DE-20427
Warning Motor Cover

Caution Decals

Caution decals indicate a potentially hazardous situation, which if not avoided, may result in minor or moderate injury. There are no caution decals used on this unit. However, there are caution statements listed in Chapters 2 and 5 of this manual. See Chapters 2 and 5.

Emergency Stop Key (e-stop)

The e-stop key functions as an emergency stop. In an emergency situation, the e-stop key disengages from the console and the treadmill will come to a stop. Before using the treadmill, clip the e-stop key as described below.

1. Compress the spring and clip the e-stop clamp to your clothing. Ensure the clip engages enough clothing so it does not fall off in an emergency situation. See Figure 1. ***NOTE:*** *Be sure the string is free of knots and has enough slack for you to workout comfortably with the e-stop key in place.*
2. Without falling off the treadmill, carefully step backward until the e-stop pulls out of the console. See Figure 2. ***NOTE:*** *If the e-stop clip falls off your clothing then the test has failed. Reclip the e-stop clip to your clothing and repeat this step.*
3. Replace the e-stop key. See Figure 2.
4. The treadmill is now ready to be used. ***NOTE:*** *Ensure the the e-stop clip is secured to your clothing at all times during use.*

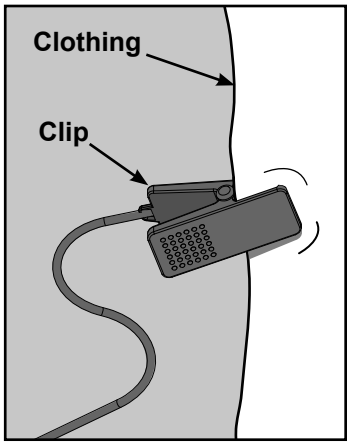


Figure 1

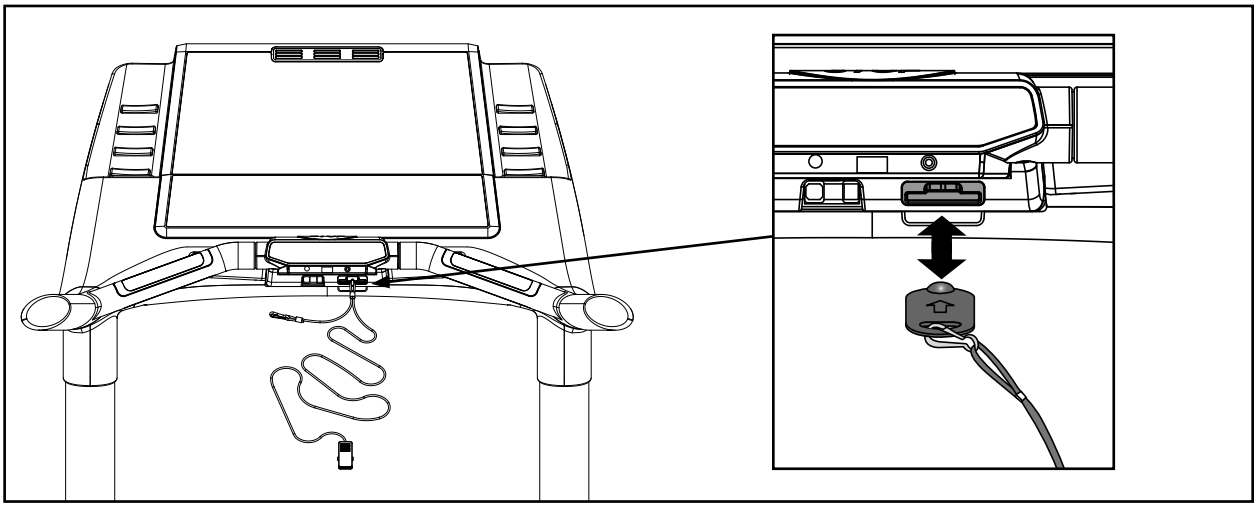


Figure 2

5. After use, remove the e-stop key from the treadmill.

NOTE: *The e-stop key can be removed to help prevent unauthorized use. Refer to the Stopping the Treadmill section in the Operation chapter for more information about the e-stop key.*

NOTE: *When not in use store the e-stop clip on the storage tab located on the lower cover. See Figure 3.*

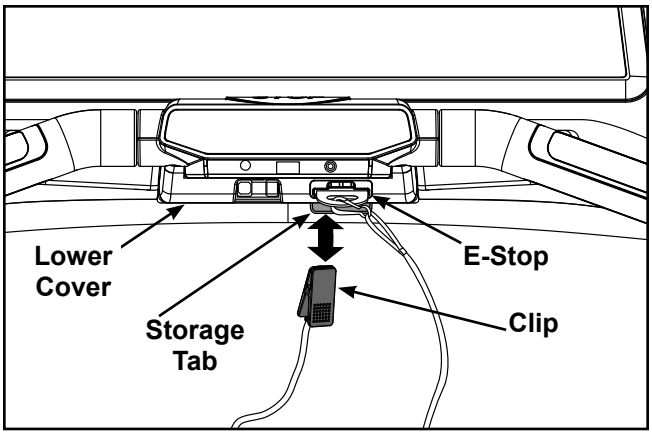


Figure 3

CSAFE Ports

The 750T Treadmill has two CSAFE ports, one in the console for CSAFE devices that need access there, and one under the base of the unit for running a network connection.

NOTE: *The CSAFE standard defines a communication protocol and low-voltage DC power source specific to the Fitness Equipment Industry. These RJ-45 phone jacks are provided for use ONLY within the CSAFE protocol. For more information on the CSAFE standard, visit www.fitlinxx.com/csafe. Not every connection carries both the communication and power capability.*

NOTE: *The console CSAFE port inside the console contains the full implementation, with both network communications and a standard CSAFE voltage (minimum 8.0 VDC) power source. The base CSAFE port is accessible under the base of the treadmill and is for network communications only and does not contain the DC power source. See Figures 4 and 5.*

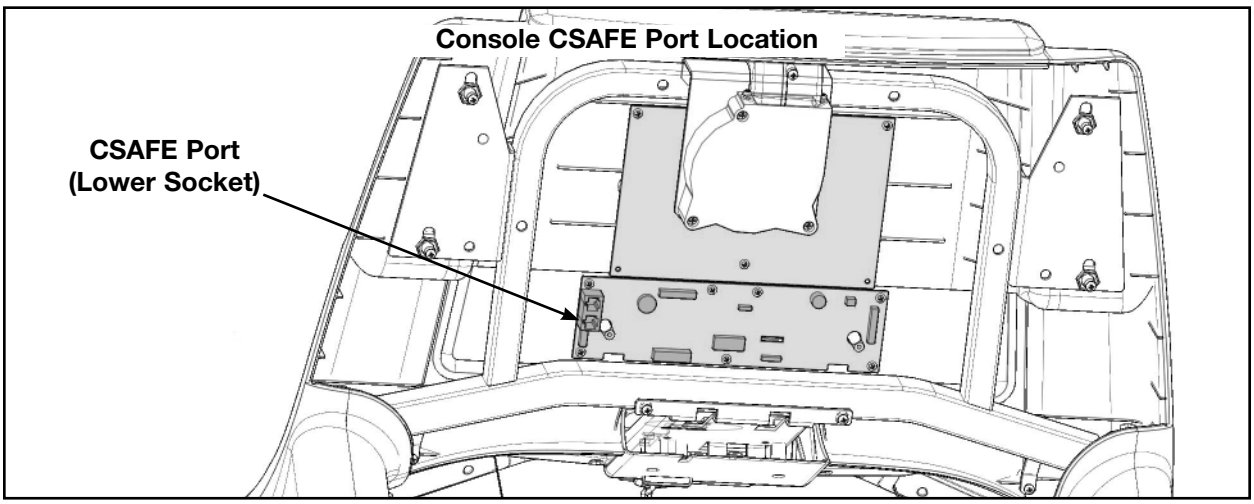


Figure 4

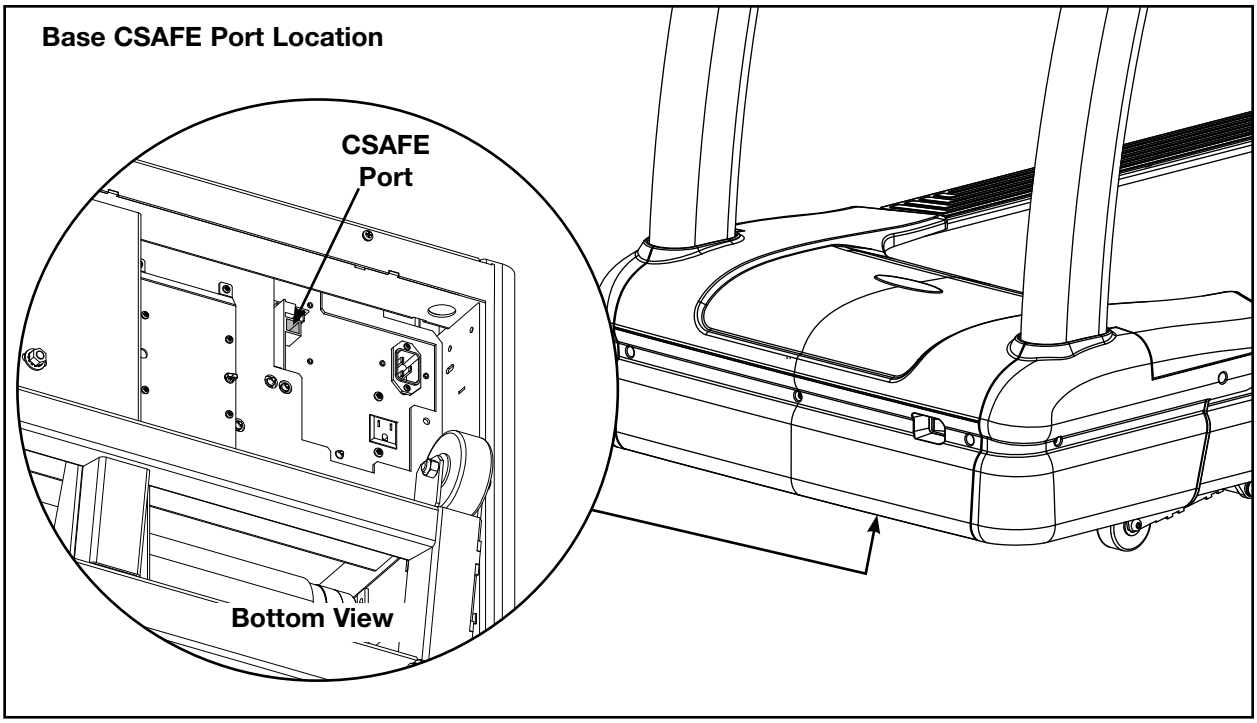


Figure 5

2 - Assembly and Setup

Warnings/Cautions

All warnings and cautions listed in this chapter are as follows:

WARNING: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

WARNING: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two steps.

CAUTION: A minimum of two people are required to lift, move and assemble this treadmill. Always use proper lifting methods when moving heavy items.

Choosing and Preparing a Site

Before assembling the treadmill a suitable site must selected and have the proper electrical outlet power available for optimum operation and safety. See the *Electrical Power Requirements* section (located on the next page) for direction in locating the treadmill's voltage requirements.

The area selected for the treadmill should be well lit and well ventilated. Locate the treadmill on a structurally sound and level surface (do not place in recessed areas or on plush carpet) a few feet away from walls and other equipment. Each side of the treadmill should have a 19.7" (0.5 m) minimum space. Behind the treadmill should be 79" (2.0 m) minimum of space. Allow enough clearance for safe access and passage during use of the machine. If the treadmill is to be located above the first floor, place it near or above major support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be restricted or the carpeting may interfere with the moving parts. To protect the carpeting and the machinery, place a 3/4" (1.9 cm) thick wood base under the treadmill.

Do not install the treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, or outdoors. Exposure to extensive water vapor, chlorine, and/or bromine could adversely affect the electronics as well as other parts of the machine.

Electrical Power Requirements

The power requirements for this treadmill are a grounded, dedicated circuit rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 60 Hz, 20A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

Contact a qualified electrician to ensure the power supply complies with local building codes.

Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet. Do not use an extension cord.

Assembling the Treadmill

WARNING: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

CAUTION: A minimum of two people are required to assemble this treadmill.

Tools Required

- 1/2" Socket wrench with a 4" extension
- 1/2" Box end wrench, 12 point
- 9/16" Socket wrench with a 4" extension
- Phillips screwdriver

NOTE: *The words "left" and "right" denote the treadmill user's orientation.*

1. Read and understand all instructions thoroughly before assembling the treadmill.

NOTE: *Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describe the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.*

2. Verify you have received the correct package.

A. Read the sticker on the outside of the box and verify that the model number, color and voltage are what you ordered. ***NOTE:*** *During step 3 and 5 you will verify that the contents of the box match the sticker.*

3. Unpack and verify the contents of the boxes.

A. Lift up and remove the cardboard sleeve that surrounds the treadmill.

B. Verify the following items are present. Check off (☑) each item as you find it. See Figure 1. If any of the parts are missing contact Cybex Customer Service.

Item	Qty	Part Number	Description
☐ 1	1	Varies	Base assembly
☐ 2	1	Varies	Console assembly
☐ 3	1	AF-19921	Upright, Left
☐ 4	1	AF-19922	Upright, Right
☐ 5	1	AX-20383	Motor cover, Top
☐ 6	1	PL-20264	Motor cover, Front
☐ 7	1	PL-20262	Motor cover, Left (in box)
☐ 8	1	PL-20263	Motor cover, Right (in box)
☐ 9	1	PL-20355	Upright cover, Outer, Left (in box)
☐ 10	1	PL-20211	Upright cover, Inner, Left (in box)
☐ 11	1	PL-20356	Upright cover, Inner, Right (in box)
☐ 12	1	PL-20357	Upright cover, Outer, Right (in box)
☐ 13	1	PL-20210	Console cover, Back
☐ 14	1	AX-20454	Hardware pack (in box)
☐ 15	1	LT-20406-4	Owner's Manual (in box)
☐ 16	1	LT-20404	Assembly poster
☐ 17	1	LT-20405	Warranty sheet
☐ 18	1	AX-20552	Assembly, E-stop lanyard

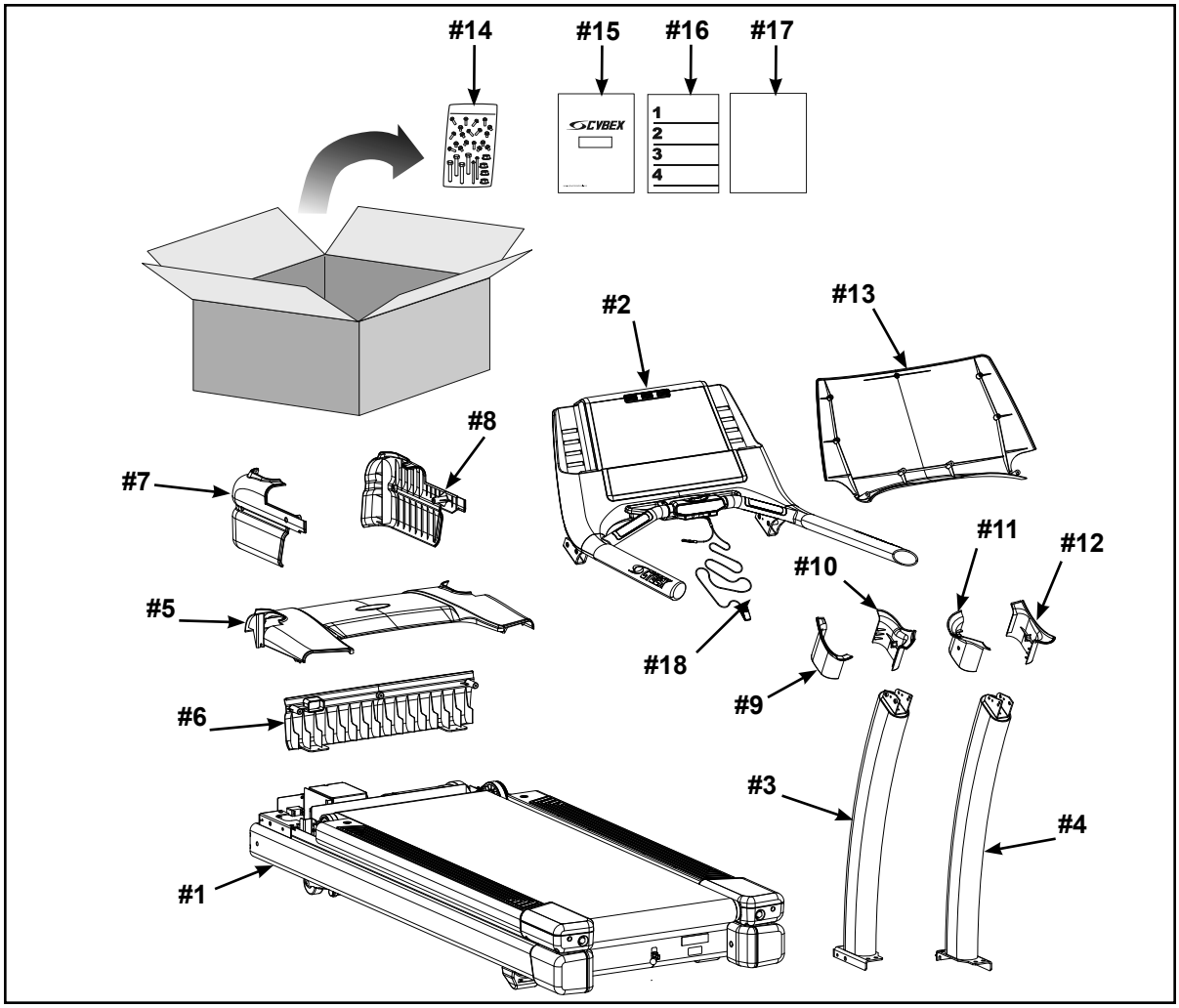


Figure 1

C. Check off (☑) each item in the hardware pack as you find it. See Figure 2.

Item	Qty	Part Number	Description
☐ 19	9	HS-16939	Screw, SEMS, 10-32 x .75", PNHD, BLK
☐ 20	10	HS-16929	Bolt, Whiz Lock, 3/8-16 x .625", HXHD
☐ 21	9	HS-15706	Screw, 8/16 x .50", PNHD, STL, BLK
☐ 22	2	HS-41050	Bolt, 5/16-18 x 2.25", HXHD
☐ 23	2	HS-20361	Screw, SLFTP, 8/16 x 2.5", Plastite, BLK ZN
☐ 24	4	HN-42063	Nut, 5/16-18, Flanged, SS
☐ 25	2	HW-00189	Washer, Flat 5/16"

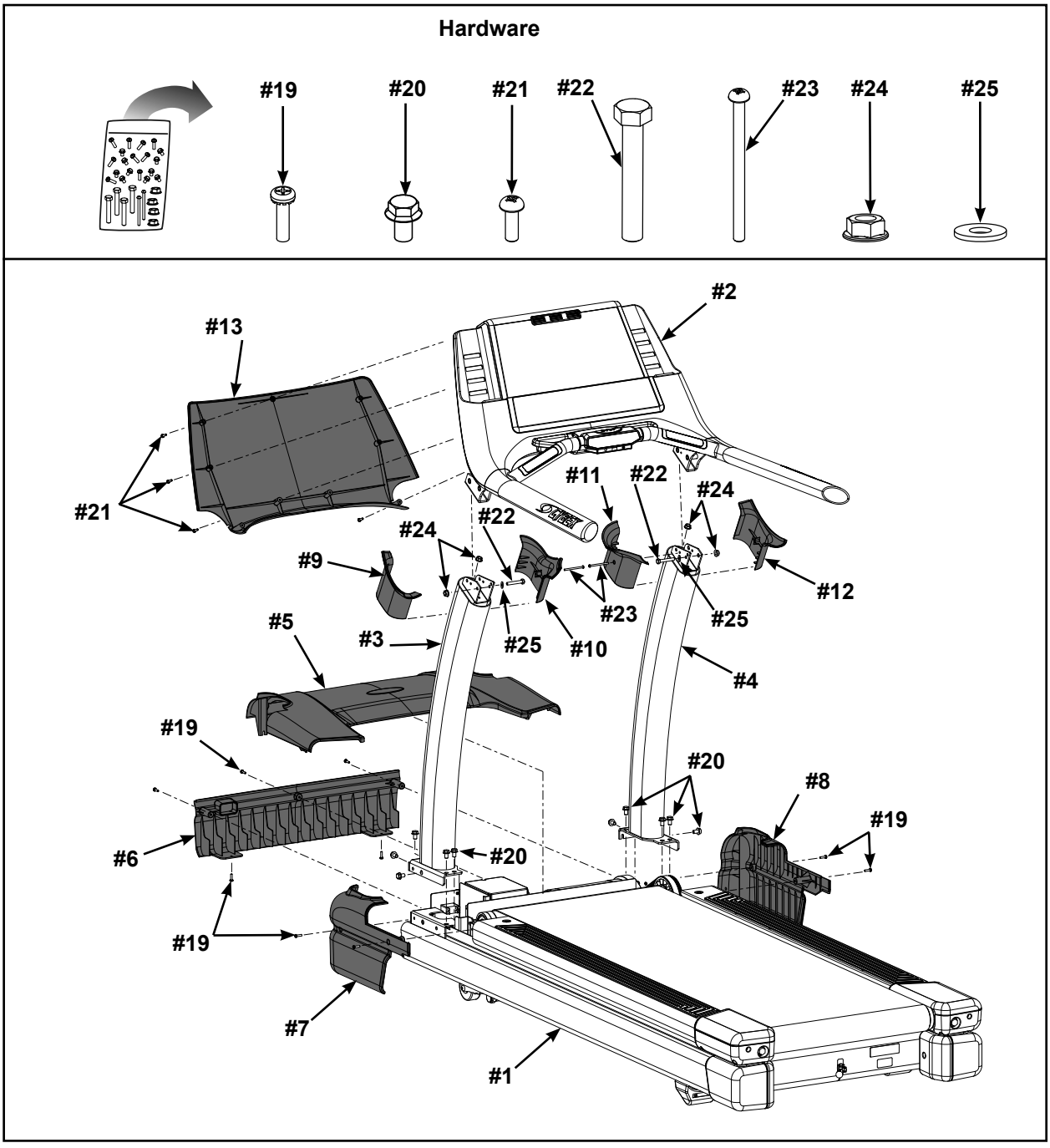


Figure 2

CAUTION: A minimum of two people are required to lift, move and assemble this treadmill. Always use proper lifting methods when moving heavy items.

4. Lift and move the treadmill.

A. At least two people should lift and move the treadmill to a level location where you intend to leave it. Use proper lifting methods.

5. Verify the model and voltage.

A. Verify that you have the correct model and voltage by looking at the serial number label located at the rear of the unit.

6. Install the uprights.

A. Locate the left upright (#3) and five bolts, 3/8-16 x .625" (#20).

B. Carefully place the left upright (#3) on the base assembly (#1) as shown. See Figure 3.

C. Using a 9/16" Socket wrench, partially tighten each of the five bolts, 3/8-16 x .625" (#20). See Figure 3.

D. Repeat steps 6A to 6C for the right upright (#4).

7. Install the console assembly to the uprights.

A. Locate the console assembly (#2), bolt 5/16-18 x 2.25" HXHD (#22), washer (#25) and two nuts (#24). See Figure 4.

NOTE: *Do not pinch or damage display cable when installing console assembly.*

B. Place the console assembly (#2) in position on the left upright (#3). See Figure 4.

C. Using a 1/2" box end wrench, partially tighten the bolt 5/16-18 x 2.25", HXHD (#22), washer (#25) and two nuts (#24). See Figure 4.

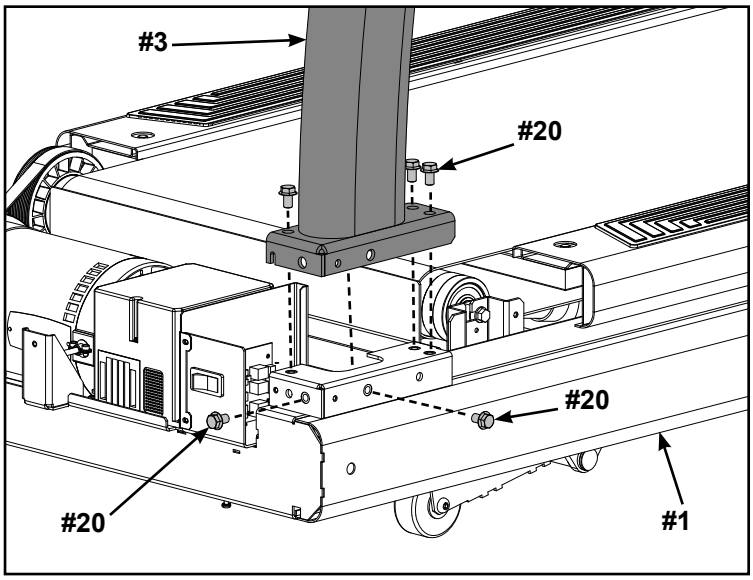


Figure 3

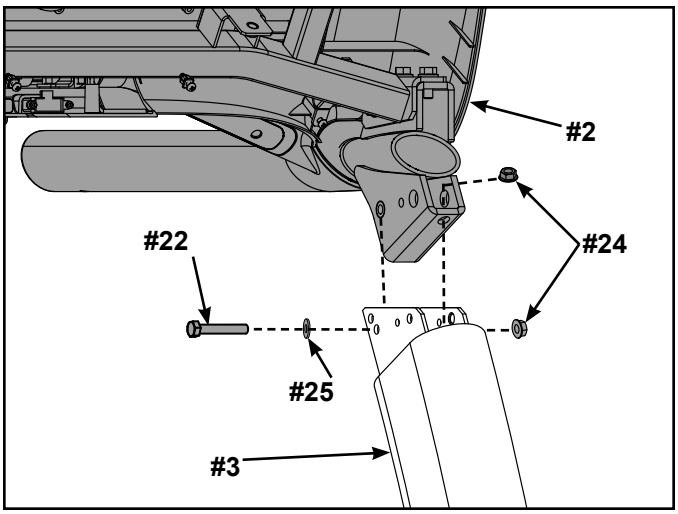


Figure 4

D. Repeat steps 7A to 7C for the right upright.

E. Using a 1/2" box end wrench, fully tighten the two bolts, 5/16-18 x 2.25", HXHD (#22) and four nuts (#24) securing the console assembly to the uprights. See Figure 4.

F. Using a 9/16" Socket wrench, fully tighten the ten bolts, 3/8-16 x .625" (#20) securing the uprights to the base assembly (#1). See Figure 3.

8. Install the Display Cable.

NOTE: *Do not pinch or damage display cable when installing.*

A. Locate the display cable exiting the back of the console assembly.

B. Insert the display cable into the top of the left upright (#3) until it exits at the base of the upright (#3). See Figures 5 and 6.

C. Plug the display cable, located at the bottom of the upright assembly (#3) into the hub board connector J3. See Figure 6.

NOTE: *If installing the A/V option, refer to the 750T A/V bracket installation instructions (supplied with the A/V bracket).*

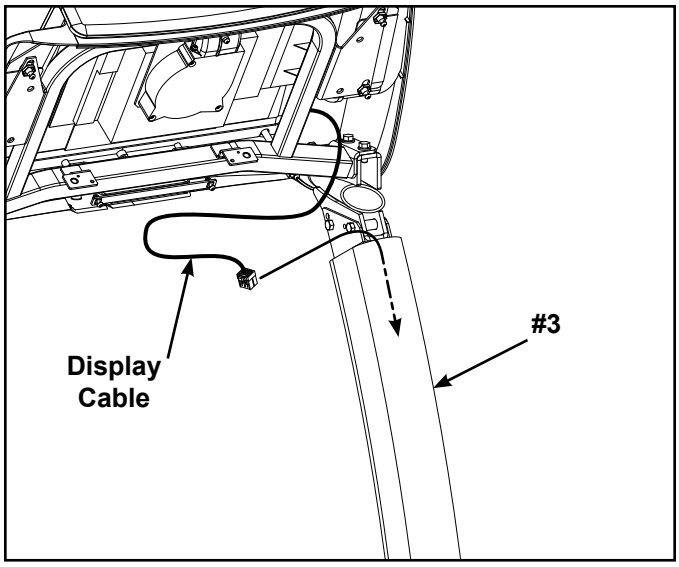


Figure 5

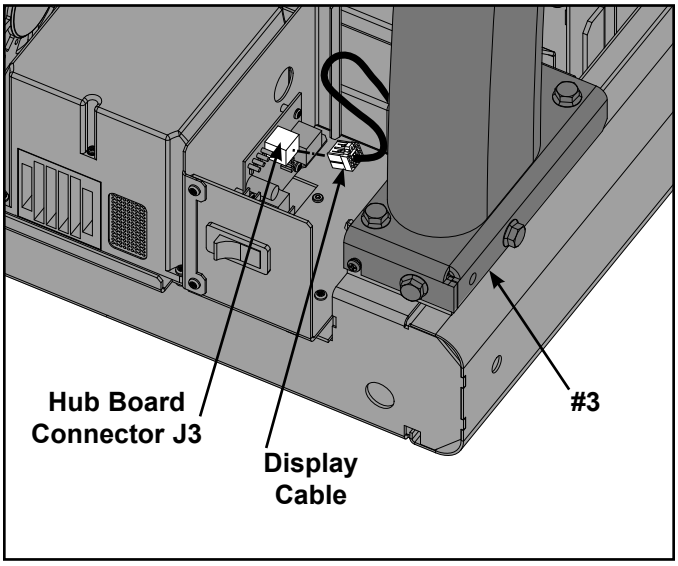


Figure 6

9. Attach the upright covers (four pieces).

A. Locate the outer left upright cover (#9), inner left upright cover (#10) and one screw 8/16 x 2.5" (#23). See Figure 7.

B. Place the two upright covers in place over the left upright (#3). See Figure 7.

C. Insert the screw 8/16 x 2.5" (#23) into the inner left upright cover (#10) and secure using a Phillips screwdriver. See Figure 7.

D. Repeat steps 9A to 9C for the right side.

10. Attach the back console cover.

A. Locate the back console cover (#13) and nine screws 8/16 x .50" (#21). See Figure 8.

B. While being sure not to pinch any cables, use a Philips screwdriver to secure the nine screws 8/16 x .50" (#21) that hold the back console cover (#13) to the console assembly (#2). See Figure 8.

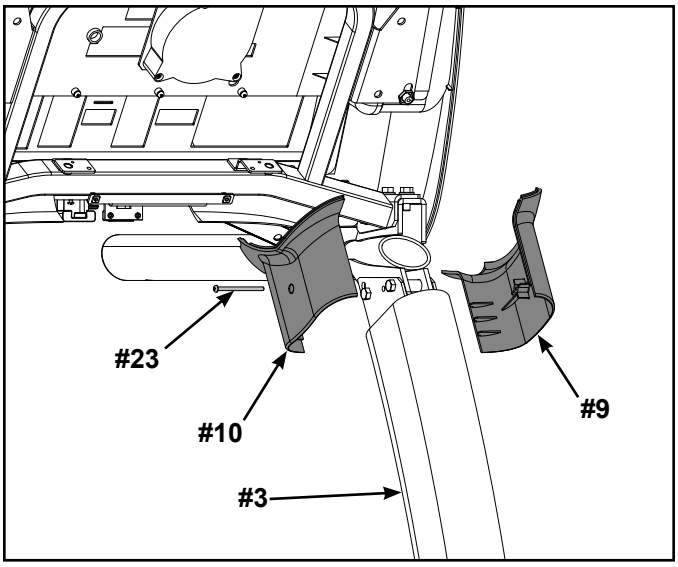


Figure 7

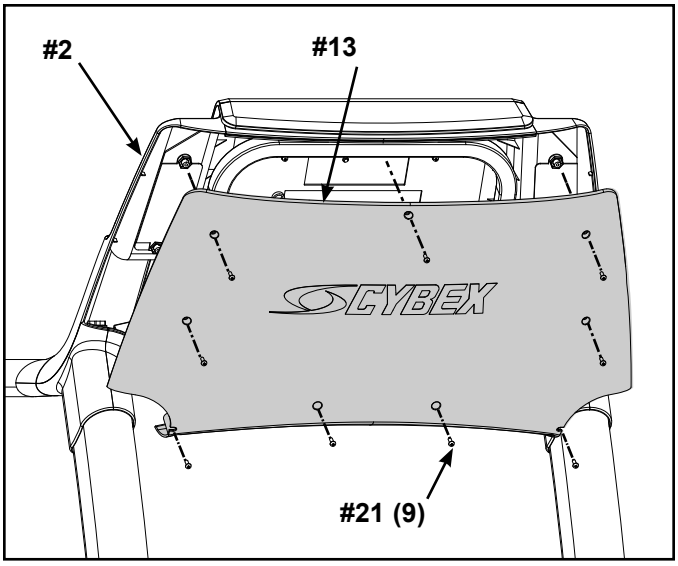


Figure 8

11. Attach the motor covers (four pieces).

A. Locate the front motor cover (#6) and five screws 10-32 x .75" (#19). See Figure 9.

NOTE: *Elevate or tip the treadmill on it's side to install the two lower screws (#19).*

B. Using a Phillips screwdriver partially tighten the front motor cover (#6) to the base (#1) with five screws 10-32 x .75" (#19). See Figure 9.

C. Locate the left motor cover (#7) and four screws 10-32 x .75" (#19)

D. Using a Phillips screwdriver, partially tighten the left motor cover (#7) with two screws 10-32 x .75" (#19). See Figure 10.

E. Repeat steps 11C and 11D for the right side.

F. Locate the motor cover top (#5).

G. Place the motor cover top (#5) into position by aligning the four tabs over the front and side cover screws. See Figure 11.

NOTE: *If motor cover top does not fit properly, loosen the front and side cover screws as needed.*

H. Using a Phillips screwdriver, finish tightening the five front cover screws and four side cover screws. Be sure the screws are securing the motor cover's tabs. See Figure 11.

12. Level the treadmill.

A. Confirm that the treadmill is on a level surface.

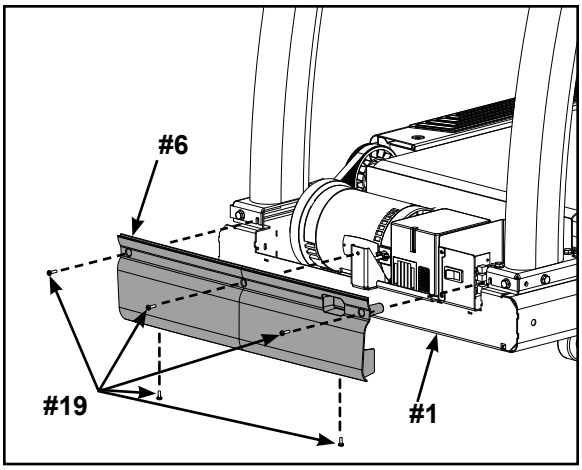


Figure 9

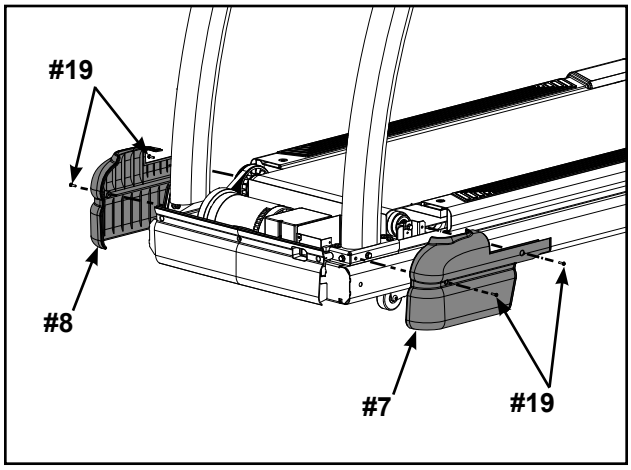


Figure 10

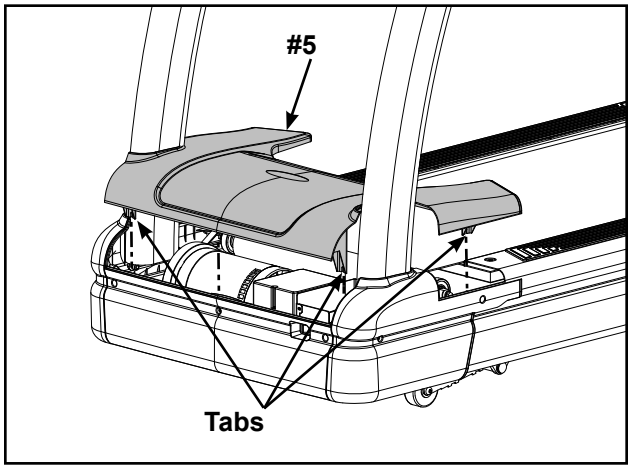


Figure 11

13. Attach emergency stop key.

A. Confirm that the emergency stop key is in place in the bottom of the console handrail. See Figure 12. ***NOTE:*** *The treadmill will not run without the key in place.*

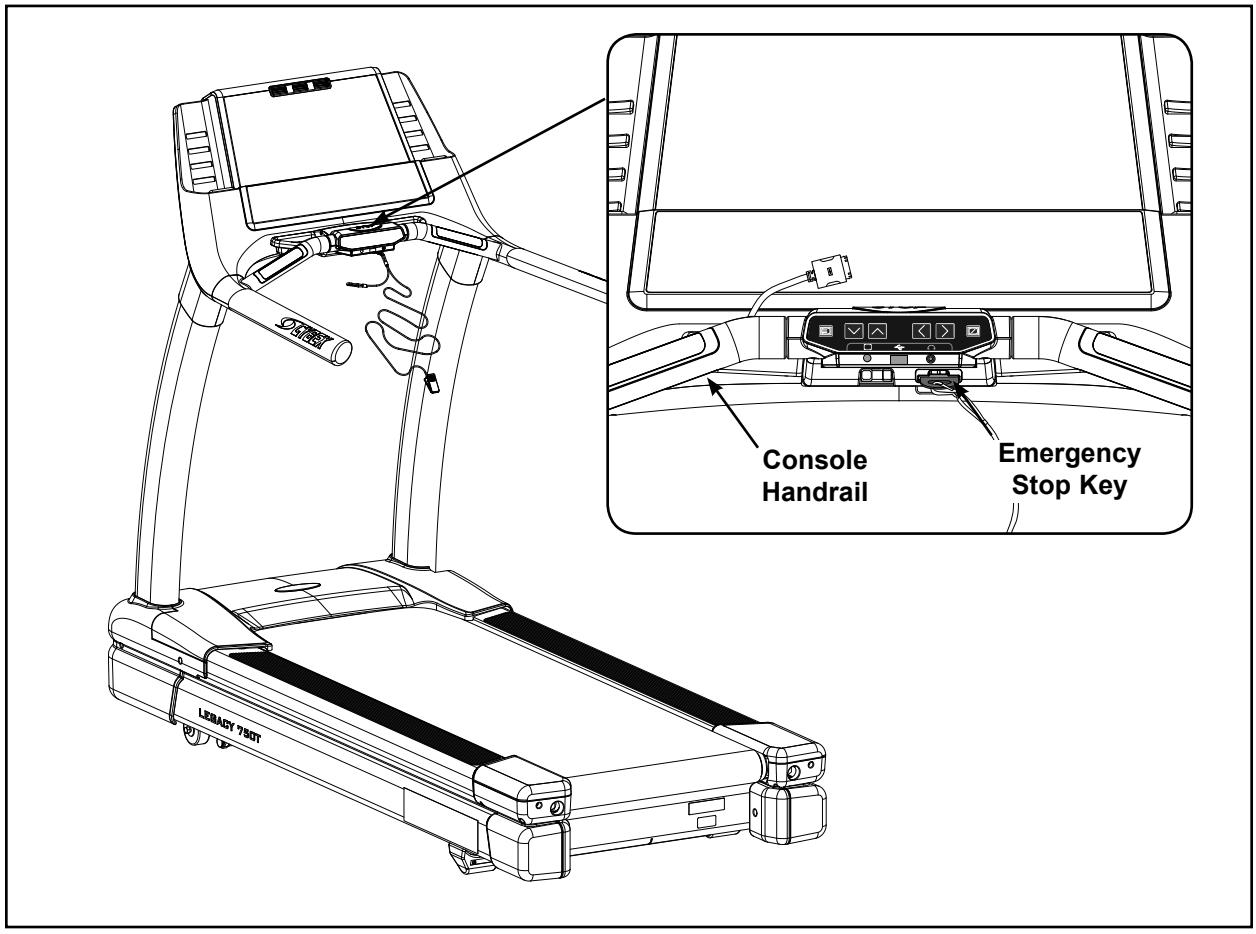


Figure 12

14. Visually inspect the treadmill.

A. Carefully examine the treadmill to ensure that the assembly is correct and complete.

WARNING: Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.

Testing the Treadmill Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.

CAUTION: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two steps.

NOTE: *Cybex recommends that the treadmill be unplugged or the on/off (I/O) power switch turned off (O) when it is not in use.*

1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described under Electrical Requirements in this chapter.

NOTE: *Ensure the power cord is not being pinched under the front of the treadmill.*

2. Locate the on/off (I/O) power switch in the front motor cover of the treadmill. Toggle it to the on position (I).
3. The control panel will light up and be in the Dormant Mode.
4. Press the **Quick Start** key. The treadmill begins a countdown "BELT START IN 3...2...1" and sounds a tone for each count. After it reaches one (1), the treadmill gives a longer tone and then begins accelerating the belt to reach 0.5 mph (0.8 kph).
5. The lower left display will show the incline then time and the lower right display will show the actual speed.
6. Press and hold down the **Speed** + key until the treadmill reaches a speed of approximately 4 mph (6.4 kph), as indicated on the display.
7. Observe the belt to see that it is running properly; it should stay centered in the middle of the deck. If you have problems with the running belt operation, see *Running Belt Adjustments* in the *Preventive Maintenance* chapter.
8. Run the treadmill through its full speed range. First press the **Speed** + key until the treadmill reaches its highest speed. Then press the **Speed** - key until the treadmill is back to 0.5 mph (0.8 kph).
9. As you press the Incline ^v or **Speed + -** keys, the respective displays will show the actual incline or speed.
10. When the treadmill reaches the set incline and speed, the displays will remain steadily illuminated to indicate that the desired settings have been reached.
11. Run the treadmill through its full % grade range. Press the **Incline** ^ key until the treadmill reaches its highest grade (15%). Then press the **Incline** v key until the treadmill reaches -3% grade.
12. Press the **Stop** key to stop the running belt, end the workout review and return the display to *Dormant Mode*.

Setup

1. While in Dormant Mode enter *Set Up Mode* by pressing the following buttons on the keypad **Clear 750** and then press the **Enter** key. You will now be in the set up menu.

2. Press the **Speed** + and - keys to scroll through the set up options. Press the Enter key to edit options, change values with the **Incline** ^ and v keys or the **Speed +** and **-** keys. Press Enter to save your selection and return to the set up menu. Press the **STOP** key to exit to Dormant Mode. Press the **CLEAR** key to reset to the previous stored value, and exit back to the menu. The set up options are displayed in the following order:

Language (Language):
This selects the language displayed in the text area of the console. Language choices are**:**

- ENGLISH (Default)
- GERMAN
- FRENCH
- SPANISH
- JAPANESE
- SWEDISH
- RUSSIAN
- DANISH

Units (UNITS):
Choices are "ENGLISH (LB/MPH)" or "METRIC (KG/KPH)" measurements. English is the default.

Frequency (FREQUENCY):
This is the frequency of the power line that supplies power to your treadmill. The default setting is 60 Hz. ***NOTE:*** *If you have an English console and a 50 Hz power line frequency, then you must change the default setting from 60 Hz to 50 Hz for the proper elevation frequency.*

Clock Style (HH:MM / MM:DD:YY or DD:MM:YY):
The 750T features a clock and calendar. The clock can be displayed in a 12 or 24 hour format. The calendar date fomat can be displayed as Month-Day–Year (US) or Day–Month–Year (EU).

"12HR US DATE"
"24HR EURO DATE"
"12HR EURO DATE"
"24HR US DATE"

Current Time (HH:MM):
The 750T features a clock that displays the current time. Examples for 2:57 PM on May 10, 2007.

12HR US DATE "02:57P 5/10/2007"
24HR EURO DATE "14:57 10-05-2007"
12HR EURO DATE "02:57P 10-05-2007"
24HR US DATE "14:57 5/10/2007"

Default Time (DEFAULT TIME):
This is the default time for time based programs if a user does not re-set Time. For example, if you press Time you can decrease or increase the set workout time up to the amount that the Max time is set. Choices are 10, 20, 30, 60 and 90 minutes. Default is 30 minutes.

Review Time (REVIEW TIME):
This is the Review Time for which the user's workout results are displayed at the end of a workout. Choices are 0:10, 0:20, 0:30, 1:00 and 5:00 minutes. Default is 20 seconds.

Max Time/Time Zones (MAX TIME = MINUTES, ZONED OR OFF):
This is the maximum amount of time the treadmill can run per user workout session. You can limit the users time or choose 'OFF' to disable the Max Time. Valid choices for Max Time are OFF, 20, 30, 40, 50, 60, 90 and 120 minutes or ZONED. For ZONED, you can define a user maximum session time based on four time zones. This allows limiting use only during busy times of the day.

This is how ZONED is configured from the factory:
ZONE1 5:01A 60
ZONE2 9:01A OFF
ZONE3 4:01P 60
ZONE4 9:00P OFF

The maximum session time is limited to 60 minutes from 5AM - 9AM and from 4PM to 9PM in this example, with all other times unlimited. The zone start/stop time and the time limit in each zone can be modified to suit your needs.

Pause Time (PAUSE TIME):
This is how long the treadmill retains and displays your current workout data during a pause in the workout. Choices include: Off; 1 minute; 5 minutes; and 10 minutes; default is Off.

WARNING: It is strongly suggested to not allow any user on the treadmill without adequate instruction. The use of a treadmill at high speeds can be dangerous and potentially result in injury. To avoid injury no user should be allowed to use the treadmill at a speed that exceeds their level of ability.

The 750T Treadmill has been programmed to have a default maximum speed of 12.4 mph from the factory. As the owner of this treadmill you may change the default setting for maximum speed up to 15 mph. Please be aware that higher speeds have higher risk and if a user exceeds their ability, they can potentially loose coordination that can result in injury.

The e-stop clip should be worn at all times.

Max Speed (MAX SPEED):
This is the maximum speed the treadmill will run. Choices are between .5 and 15.6 MPH (0.8 to 25.1 kph). Default MAX SPEED is set at 12.4 MPH (20.0 KPH).

Max Incline (MAX INCLINE):
This is the maximum elevation the treadmill will incline. Choices are between 0 and 15 percent grade.
NOTE: *Setting both the Min and Max incline to 0 percent will disable the elevation.*

Min Speed (MIN SPEED):
This is the minimum speed the treadmill will run. Choices are between .5 and 1.0 MPH (0.8 to 1.6 KPH).

Min Incline (MIN INCLINE):
This is the minimum elevation the treadmill will decline. Choices are between -3 and 0 percent grade.
NOTE: *Setting both the Min and Max incline to 0 percent will disable the elevation.*

Sound (TONE - ON/OFF):
This option will enable or disable the beeper by toggling it on/off. Default is On.

Dormant Display Option (DORMANT STYLE):
This defines what is displayed in Dormant mode. Valid Choices for Dormant Display are:

0 – DEFAULT -
1 – TEXT MSG - Not Applicable.
2 – OUT OF ORDER - Out of Order message.
3 – CLOCK - Time clock.
4 – PROFILES - Displays program profiles.

Lock Combination (LOCK CODE).
This feature will allow the Lock Combination (PIN) to be changed. It requires the correct PIN number to be entered first before allowing any changes.

The PIN numbers will be entered using the keypad. If an incorrect PIN number is entered, the number will blink once and revert back to underscores. If a valid PIN number is entered, blink the ON or OFF (default) text (whichever was previously stored) and allow the Speed Control Key to toggle it.

Custom Programs - (SAVE PROGRAM).
The ability to **SAVE** a workout session as a custom program during *Review* is enabled or disabled here. If disabled, the **SAVE** button will not be active during *Review*. The text area will display **Save Program On** or **Save Program OFF** (default).

Remember: *You must press Enter after changing a value for that value to be stored.*

3. **To exit Set Up Mode press the Stop key once.**

Your treadmill is now ready for use. Follow the instructions in the *Operation* chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.

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3 - Operation

Read and understand all instructions and warnings prior to using the treadmill. See all of the safety related information located in chapter 1.

Terms and Symbols Used

This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate. ***NOTE:*** *For setup options see Setup in Chapter 2.*

Dormant Mode — This occurs when the treadmill is powered up and not in use. ***NOTE:*** *Dormant Mode may display a clock, scrolling text or the Cybex logo if such options are chosen.*

Wake-up Mode — This occurs when motion is detected or a key is pressed. A tone will be heard.

Program Setup Mode — This begins after pressing the **Programs** key, **Fit Tests** key, **Enter** key or the number key corresponding to the program desired.

Active Mode — *Active Mode* is when the running belt is moving. Before *Active Mode* begins, a three second countdown and "BELT START IN 3...2...1" is displayed. *Active Mode* continues until the preset time limit is reached, disengage the e-stop key, press the **STOP** key or press the **Pause/End** key.

Quick Start — This begins by pressing the **Quick Start** key. *Quick Start* skips the *Program Setup Mode* and begins immediately in *Quick Start Manual Mode* with time counting up.

Manual Mode — In this active mode the user controls all aspects of the workout; the running speed, the incline and the workout duration. The time will count down, allowing the user to quickly get moving before entering their weight by pressing the **Weight** key.

Workout Review — This begins after pressing the **Stop** key once or at the end of a program or when the treadmill detects that the user is not there (see *Safety Sentry*™ in this chapter). The workout statistics accumulated during the previous workout session will display for the preset review time.

Pause Mode — Press the **Pause/End** key once. If Pause is enabled in *Setup*, the Pause feature will allow the treadmill to hold the accumulated workout data for up to five minutes. The time remaining will be displayed on the screen. Press **START** at any time to re-start the treadmill. If Pause is not enabled, this key acts like the **STOP** key and will end the workout session.

Cool Down — This begins immediately after pressing the **Cool Down** key. The countdown timer is set to two minutes, elevation returns to 0% and speed is reduced to 50% of the MET level or 2.5 MPH (4 Km/H) whichever is lower. Repeated presses of the **Cool Down** key will restart the clock at two minutes indefinitely.

The last two minutes of a Programs (P1 – P9) will reduce the incline to 0% and the speed to half of the MET level for each of the two remaining minutes. Cool down will also be active when Manual or Quick Start workouts end due to the set or max time.

^ v — These keys adjust **Incline** higher or lower.

+ – — These keys adjust **Speed** up (**+**) or down (**–**).

Quick Operation Guide

NOTE: *Maximum user weight is 400 lbs. (181 kg).*

The following is a quick overview of the operation of the treadmill. For more information read *Detailed Operation Guide* in this chapter.

1. Place your feet on the two top steps located on each side of the running belt.

WARNING: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

2. Clip the e-stop clip onto your clothing and test it as described under *Emergency Stop* in the *Safety* chapter.
3. Press the **Programs**, **Manual** or **Fit Tests** keys and follow the on-screen setup instructions or press **QUICK START** to start the treadmill in *Quick Start Manual mode*.
4. If a program is selected, you will be prompted for workout **Time**, **Level** and **Weight** as appropriate. Adjust these settings with the **Speed + –** keys and press **Enter** to proceed.
5. The treadmill begins a countdown, "BELT START IN 3...2...1," after which it accelerates the belt to 0.5 mph (0.8 kph) (for *Manual Mode*) or the speed of the program selected.
6. Hold the handrails while you step onto the running belt and begin walking.
7. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the current speed.
8. Press the **Incline** ^v keys to change the incline at any time. The left display will show incline.
9. Press the **Stop** key at any time to stop the running belt. Press again to exit to *Dormant Mode* and return the incline to 0%.

Detailed Operation Guide

NOTE: *Maximum user weight is 400 lbs. (181 kg).*

1. Plug the treadmill power cord into a power outlet from a grounded, single phase, dedicated circuit, rated for one of the following:
   100 VAC, 50/60 Hz, 20A
   115 VAC, 60 Hz, 20A
   220 VAC, 60 Hz, 15A
   230 VAC, 50 Hz, 15A
   230 VAC, 50 Hz, 13A, UK.
2. Set the on/off switch to the on position.

WARNING: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

3. Place your feet on the two top steps located on each side of the running belt.

4. Clip the e-stop clip onto your clothing and carefully test the e-stop key to ensure it will activate in case of an emergency. See *Emergency Stop Key (e-stop)* in Chapter 1 for properly testing the e-stop key. Also, see *Stopping the Treadmill* in this chapter for further information about the e-stop key. ***NOTE:*** *Be sure the string is free of knots and has enough slack for you to run comfortably with the e-stop key in place.*

5. You now have the option to select a program, a fitness test or enter *Manual Mode*.

   To select a program, press the **Programs** or **Fit Tests** key and follow the prompts. Press the **Programs** or **Fit Tests** key multiple times to cycle through its nine programs, or use the numeric keypad to select the program number. Press **Enter** to select. See Figure 1.

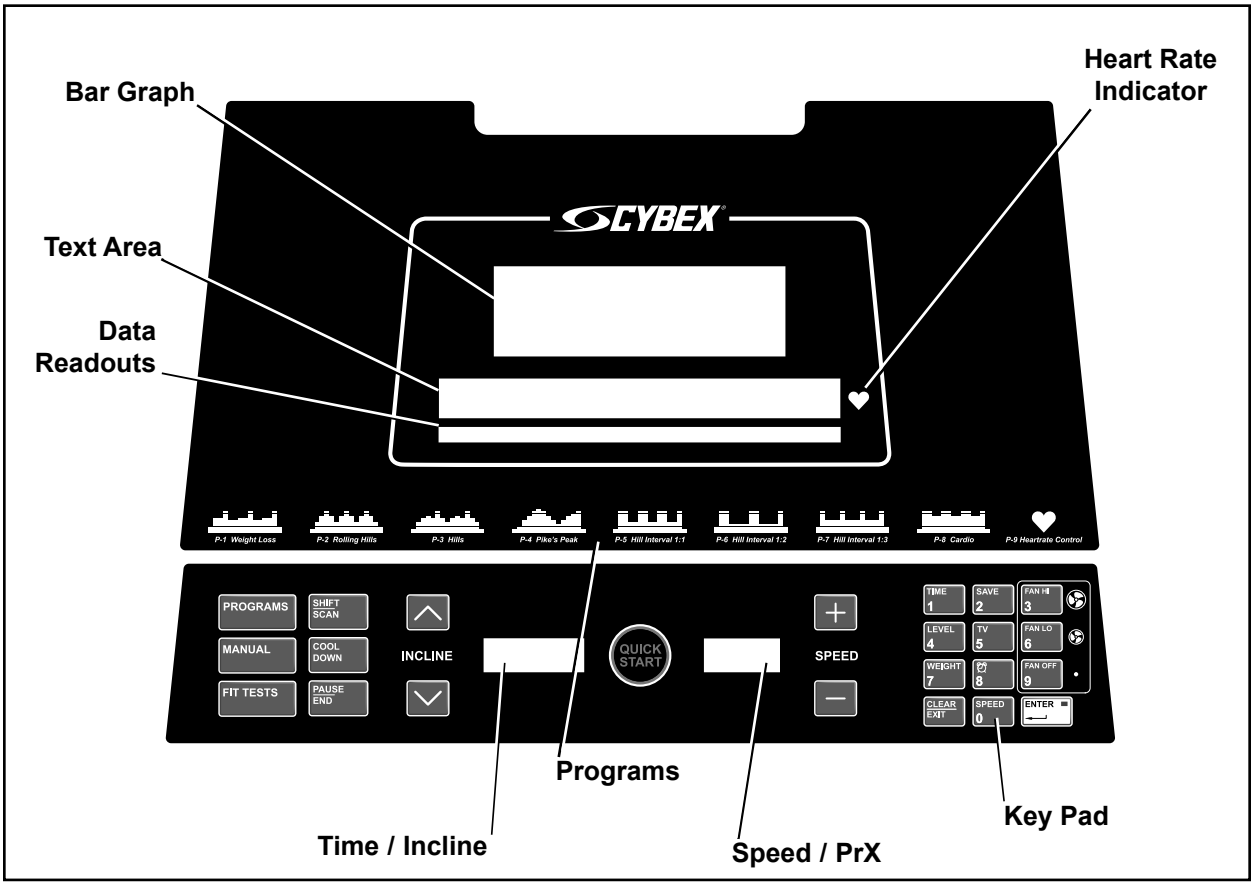

Figure 1

Upon entering a program the display will guide you through the appropriate settings. This is referred to as *Program Setup Mode*. If the **Quick Start** key is pressed now, all defaults for that program will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default. The program will not enter *Active Mode* until you press the **Enter** or **Quick Start** key. If no key has been pressed for 60 seconds after displaying the last default, then the treadmill will return to the *Dormant Mode*.

If you choose to enter *Manual Mode* instead of choosing a program, press the **Quick Start** or the **Manual** key. ***NOTE:*** *No prompts will occur when you press* **Quick Start***.* While in *Manual Mode*, customize your workout **Speed, Incline** and enter your **Weight** by pressing those keys.

NOTE: *For the most accurate calorie count, you must set your correct weight before beginning your workout (including clothing).*

NOTE: *When selecting a program you must press* **Enter** *after each adjustment of* **Time***,* **Level** *and* **Weight***.*

6. The treadmill begins a countdown, "BELT START IN 3...2...1," and sounds a tone for each count. When it reaches one (1) the treadmill gives a longer tone and then starts accelerating the belt. In *Manual Mode* the belt will begin accelerating to 0.5 mph (0.8 kph) and the incline will remain at zero percent. In a program the belt will begin accelerating and the incline will change to the corresponding speed and incline of the program and level you selected.

7. Hold the handrails while you step onto the running belt and begin walking.

8. Observe the control panel. The top center *Bar Graph* display shows a graphical representation of the relative incline changes, and if in a program, will show the relative intensity changes that are coming up. The *Text Area* will start showing the workout data such as Distance, Calories, Heart rate (if available), METs and Pace (Minutes per Mile or Minutes per Km). The data displays will start by automatically shifting every five seconds. To hold on one display, press the **Shift/Scan** key. To continue auto-scan, hold the **Shift/Scan** key for 3 seconds until it beeps.

NOTE: *Heart rate will be displayed in lieu of METs if a valid heart rate is available from a wireless chest strap (not included) or by holding the contact heart rate grips.*

NOTE: *When you adjust incline in a program, the change will affect only the current segment. The program control will resume starting with the next segment. To increase or decrease overall intensity, adjust the speed and/or the program level.*

9. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the set speed.

10. Press the **Incline** ^v keys to change the incline at any time. The left display will show the current incline only when incline keys are used, then revert to time.

11. Press the **Stop** key at any time to stop the workout. Press **Stop** once to end the workout and begin the *Workout Review*. As you press **Stop** once, the treadmill belt will stop. Press **Stop** a second time to clear the *Workout Review*, return to *Dormant Mode* and return incline to 0%.

12. If the e-stop key is removed during a workout, the drive motor power shuts off immediately, causing the belt to stop. "EMERGENGY STOP" is displayed, followed by "REPLACE E-STOP KEY TO CONTINUE". Replacement of the e-stop key causes *Workout Review* to begin.

13. When a program is complete the treadmill begins a countdown, "BELT STOP IN 3...2...1," and sounds a tone for each count. The belt slows to a stop and Workout Review is displayed for the preset time or until you press the **Stop** key.

14. The treadmill returns to *Dormant Mode* and the incline returns to 0%.

Stopping the Treadmill

Press **Stop** once to end the workout session and start the Workout Review. The treadmill will perform a controlled belt stop and bring the incline to 0%. The Text Area will be displaying accumulated data or the results of the Fitness Test for the duration configured in Setup for Review Time (default is 20 seconds.) Press **Stop** again to exit to Dormant.

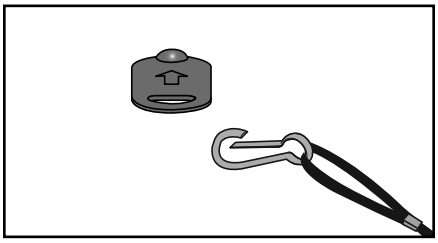

Figure 2

The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the e-stop key from the treadmill, un-clipping it from the cord and putting it in a non-accessible place. See Figure 2. ***NOTE:*** *Immobilization can also be enabled using the LOCK code. Either temporarily by pressing LOCK during review and entering the correct PIN number, or permanently by enabling the LOCK feature in SETUP mode. See Setup in Chapter 2.*

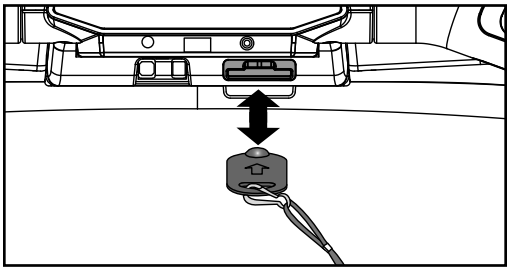

Figure 3

The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation:

1. Grip handrails for support.
2. Step onto the top steps.
3. Pull the e-stop key off the console.

The function of the emergency stop: The e-stop key functions as the emergency stop. In an emergency situation, remove the e-stop key from the treadmill and the running belt will come to a stop. See Figure 3.

Safety Sentry

If you step off of your treadmill during a workout, it is designed to detect your absence and will stop the belt. Before taking action, the display will beep several times and display "ARE YOU THERE?" on the text area. If no response in 10 seconds, it will proceed to turn off the belt.

NOTE: *The treadmill will use every sensor available to determine a user is still on the belt before asking if you are present, then shutting it off. If the user is lighter than 100 lbs. (45 Kg), the motor drive may not be able to determine they are on the belt. In this instance, the treadmill can only rely on the motion sensor, key inputs, or the heart rate to establish your presence. It is advisable for lighter users to stay within the 'sight' of the motion sensor (no further back than the end of the handrails) or take advantage of the wireless heart rate feature to avoid triggering the Safety Sentry.*

Control During Operation

Control keys are usable during operation and may be pressed at any time to make adjustments in speed, elevation or data readouts. The **Speed** and **Incline** keys are located near the hand grips, allowing for thumb adjustments without removing your hands from the hand grips.

Changing Speed — Press the **Speed + –** keys to change the speed in increments of 0.1 mph or 0.10 kph. Minimum to maximum speed is from 0.5 - 15.6 mph (0.8 - 25.1 kph). Default max speed is 12.4 mph (20.0 kph).

Direct Speed Access — During programs, manual mode and all distance based fitness tests a direct speed value may be entered. Press the "**0"** key on the numeric keypad and then enter the desired speed including tenths. Example: For 5 MPH (8.0 KPH) press the "**0"** key, then press **5**-**0** (**8**-**0**) on the keypad then press **ENTER**.

Changing Incline — Press the **Incline** ^ v keys to change the elevation in increments of 1%. Elevation ranges from -3 to 15%. Press multiple times to change incline setting. ***NOTE:*** *Elevation is defined as the ratio of rise or fall over run of the treadmill deck.*

Workout Time — When the treadmill is in Active Mode, the workout time can be set to a new time using the **TIME** key. This will convert a **Quick Start** session to a Manual Session by defining the count-down time, or change the total session time in a program. All treadmill usage is limited to the **MAX TIME** as configured in Setup.

Changing Data Readouts — Default setting is for **Scan** to start automatically. Press **Shift/Scan** to stop and display a set of data. Press and hold **Shift/Scan** for three seconds and it will continually review each set of data. The display shows each set of data for 5 seconds before switching to the next set.

Data Readouts

As you exercise, the treadmill keeps track of the following data:

Distance — The total accumulated distance, in miles or kilometers, during your workout. ***NOTE:*** *Depending on the defaults you've chosen this measurement will show in English or Metric.*

Calories — The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.

Calories Per Hour — Calculation of present workload's energy exertion in Calories per Hour.

BPM (Beats Per Minute) — Your current heart rate. Heart rate will appear when a signal is introduced. Use the hand grips for Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Time — The total time you've been working out or time remaining. Display time as *hours:minutes.*

Pace — At your current speed, how long it would take to cover a mile (or kilometer), displayed in minutes:seconds.

Metabolic Equivalent (METs) — Relates to the user's energy expenditure. A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. 'One MET' is the amount of oxygen consumed at rest. For example, two METs would be twice that amount. If an individual were working at four METs he/she would be consuming oxygen at a rate equal to four times their resting consumption. METs can be used to compare walking on a grade with running or even to cycling and other activities.

To review accumulated data after a program: The display automatically shows the accumulated workout data during the *Workout Review* for the set review time. See *Setup* in Chapter 2.

Displaying Heart Rate

In order for the Cybex 750T to display your heart rate, hold the hand grips to use Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Contact Heart Rate — Hold the hand grips on the console handrail until a heart rate is displayed, typically less than thirty seconds. For best results, hold the hand grips lightly and ensure that your hands contact both the front and back sensors of each grip. ***NOTE:*** *Hold your hands as steady as possible as movement can cause interference on the contacts.*

Factors that can interfere with the heart rate signal include:

- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- running
- excessive dirt, powder or oil
- leaning or resting on grips

NOTE: *Cybex does not recommend continuous holding onto the contact heart rate grips during exercise.*

Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate.

Heart Rate Zone

Heart rate is described by the number of times your heart beats in a minute. At rest, the average adult will have a heart rate of about 72 beats per minute (BPM). As one begins to exercise, heart rate increases and continues to increase as exercise intensity or difficulty increases.

Monitoring your heart rate is an effective way to control the intensity of your workout and subsequently the results it will have. Whether you are a new participant or one with a great deal of experience, weight loss and other performance goals can be achieved by controlling the intensity of your workout.

The American College of Sports Medicine recommends that healthy adults exercise between 55 and 85% of their heart rate max. Your heart rate max can be estimated by subtracting your age from 220. Multiply that estimated heart rate max by .55 to estimate the lower end of your heart rate training zone. Then multiply your estimated heart rate max by .85 to estimate the higher end of your training zone. This heart rate training zone gives you a range of intensities at which to exercise. See Figure 4.

This chart shows heart rate based on percentage and age.

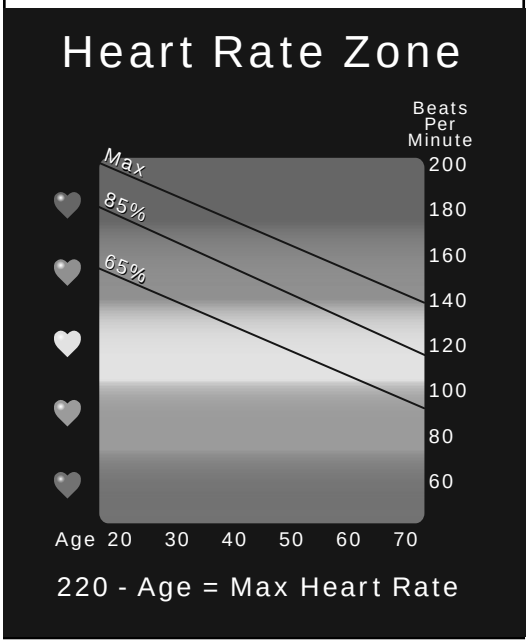

Figure 4

Meaning of % Grade

A 1% grade is not the same as a 1 degree incline. The % grade is the relationship of the measurement of rise over the measurement of run (also called slope). For example, a 1 foot (meter) rise in height over a length of 100 feet (meters) is a 1% grade. Expressed as a mathematical formula, the grade is calculated as follows: 1 ft. (m) / 100 ft. (m) = 0.01 = 1%

With respect to treadmills, the percent grade is roughly equal to the increase in height (rise) of the treadmill divided by the length (run) of the treadmill.

The degree of incline can be related to % grade by taking the Arctangent of the grade. For instance, 15% grade is equal to 8.53 Degrees (ArcTan(.15)=8.53º). The opposite is true to determine % Grade from Degree of incline (Tan (8.53º)=.15).

Preprogrammed Workouts

WARNING: Obtain a medical exam before beginning any exercise program. Begin comfortably with a lower level and progress with higher levels as you become acclimated.

With the 750T, you may choose from *Quick Start Manual Mode,* nine program choices, eight fitness tests, and nine custom programs. Each routine will be described in detail in this chapter.

Manual Choices:

Quick Start Press **Quick Start**. You control speed, elevation.
Manual Mode Enter time and weight. You control speed, elevation.

Program Choices:

No.	Name	Levels	Data Entries/Selections
P-1	**Weight Loss**	10 levels.	Select time, level and weight.
P-2	**Rolling Hills**	10 levels	Select time, level and weight.
P-3	**Hills**	10 levels.	Select time, level and weight.
P-4	**Pikes Peak**	10 levels.	Select time, level and weight.
P-5	**Hill Interval 1:1**	10 levels.	Select time, level and weight.
P-6	**Hill Interval 1:2**	10 levels.	Select time, level and weight.
P-7	**Hill Interval 1:3**	10 levels.	Select time, level and weight.
P-8	**Cardio**	10 levels.	Select time, level and weight.
P-9	**HR Control**	N/A	Select time, age, target heart rate and weight.

Fitness Test Choices:

No.	Name	Type	Data Entry	Results
FT1	**Gerkin Protocol**	Walk/run	Age, weight and gender.	VO2 max.
FT2	**Army PFT**	2 mile/3.2 k run	Age, weight, gender and starting speed.	Points.
FT3	**Air Force PFT**	1.5 mile/2.4 k run	Age, weight, gender and starting speed.	Points.
FT4	**Navy PRT**	1.5 mile/2.4 k run under 5000 feet	Age, weight, gender and starting speed.	Points.
FT5	**Navy PRT**	1.5 mile/2.4 k run over 5000 feet	Age, weight, gender and starting speed.	Points.
FT6	**Marines PRT**	3 mile/4.8 k run sea level	Age, weight, gender and starting speed.	Points.
FT7	**Marines PRT**	3 mile/4.8 k run 4500 feet	Age, weight, gender and starting speed.	Points.
FT8	**One Mile**	1 mile/1.6 k walk	Age, weight, gender and starting speed.	VO2 max.

NOTE: *PFT means Physical Fitness Test and PRT means Physical Readiness Test.*

Custom Programs

Custom Programs can be created on-the-fly by saving your routine after completion. To do this, press **Save** while in Review Mode. The display will prompt you to select a program number of **P01 – P09** and to overwrite any if they already exist.

Custom Programs can be run simply by pressing the **Programs** key and keying in P01 – P09. Note that these programs do not have a level or time, as these are aspects that were saved as part of the program itself.

Alarm

During a workout session, you can set an alarm time. When this time is reached, the display will show 'ALARM' and the console will continuously beep. Pressing **Alarm**, **Enter** or **Clear** will disable the alarm. To set the alarm, press the keypad #8 (labeled with the alarm clock). Use the Speed Control Keys or the keypad to configure the alarm time, pressing **ENTER** after the Hour and Minutes. See Figure 5.

Figure 5

Fan

A built in fan is located at the top center of the console to help keep you cool during your workout. Default speed is **OFF** during active mode. Press the **FAN HI** or **FAN LO** key to control fan speed. Press the **FAN OFF** key to turn fan off. See Figure 6.

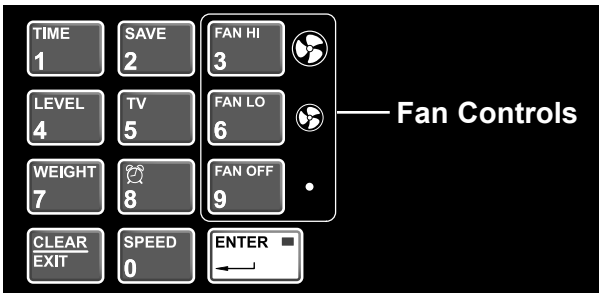

Figure 6

Audio Visual (AV) Key Pad – Optional

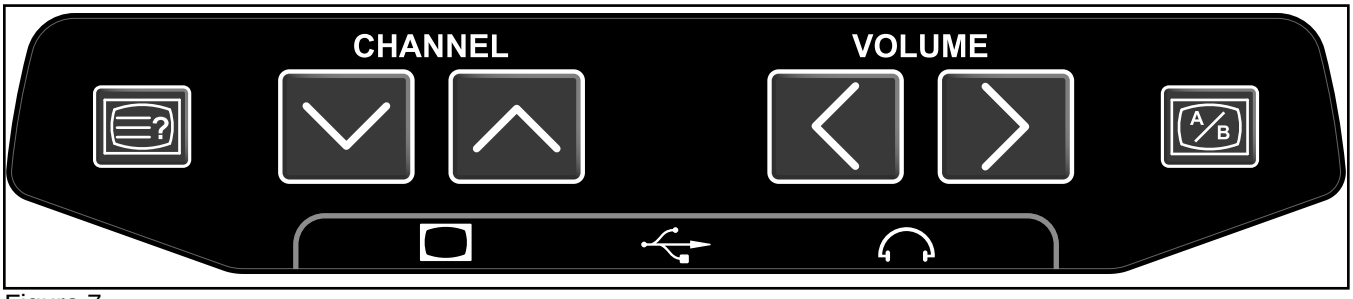

Figure 7

Console Key	Description
EPG	If an Electronic Program Guide (EPG) is available, this will be displayed on the TV. Use the **CHANNEL Λ V** and **VOLUME < >** keys to navigate in the EPG, **ENTER** to accept any selections, and **CLEAR/EXIT** to exit the *EPG mode*.
CHANNEL	Toggle down or up to change channel (beeping will occur).
VOLUME	Press appropriate keys to increase or decrease volume. There is no display interaction.
VIDEO SOURCE	Press to toggle between video source A for cable channels and video source B for external inputs, such as iPod® video.
VIDEO PORT	Video capable port allows personal entertainment device or other composite video input. 1 – Video 3 – Left 2 – Ground 4 – Right
USB PORT	Universal Serial Bus (USB) allows different devices to be connected using a single standardized interface port for charging only.
HEAD PHONE PORT	Head phone port allows personal headphones.

Statistics

The Statistics screen allows you to track the usage and information about the treadmill. The Statistics screen can be opened when the treadmill is not in use. Using the keyboard, press the key sequence **Clear 999** and **Enter**.

The **ENTER** key is active to advance to the next screen. The **Speed** control keys are active to also move forward or backward in the menu.

The Stastics menu is as follows:

ST1 - ODOMETER
ST2 - HOURS
ST3 - STARTS
ST4 - MOVES
ST5 - ERRORS
ST6 - SERVICE
ST7 - PGM USAGE

ST1 - ODOMETER

Displayed as "KM XXXX.X" or "MI XXXX.X" where X is the total miles accumulated and units are either Miles or Km, depending on the setup. Values range from 0.0 – 999,999.9 Miles/Km.

ST2 - HOURS

Displayed as "HOURS XXXXXX" where X is the total time the belt has run in hours. Values range from 0 – 99999

ST3 - STARTS

Displayed as "STARTS XXXXXX" where X is the number of times the belt drive started the running belt, regardless of mode. Expect numbers from 0 – 999999

ST4 – MOVES

Displayed as "MOVES XXXXXXX" where X is the number of incline moves in 1% increments. Values range from 0 – 9,999,999

ST5 - ERRORS

Error codes are stored in a log to inform the owner or technician of potential problems with the treadmill. Some errors are used to track unusual conditions, like the treadmill being turned off or a power outage while in motion. Most errors indicate a potential problem with the treadmill and can be a valuable tool in diagnosing the cause. Any condition that may cause a hazard will disable the treadmill and show 'OUT OF ORDER' on the console.

WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your treadmill. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybex Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.*

Error codes are stored in a log of 20 entries, each stamped with time and date with the most recent being the first in the log, the oldest the last in the log. Error codes are displayed in the following format: [Log Entry #] [Actual Error Code #] [Time] [Date], "ERR 1 141 03:49 1/14/2007".

Press the Incline Control Keys to increment / decrement the Log count to view the next or previous error. While displaying the error log press and hold the **CLEAR** button for three seconds to clear all errors. The display will show "NO ERRORS" when cleared.

- **ERROR 1 - No Speed at Startup.** The display commanded a belt start but the drive did not respond with a belt speed within timed limits.
- **ERROR 3 - Speed Irregularity.** The drive is reporting a slower speed than the display is commanding, or a speed of zero after a correct speed had been established.
- **ERROR 5 - Drive Communications Lost.** The display lost communications with the drive, where the drive has not given a valid response in 350 ms.
- **ERROR 6 - Speed Irregularity/Overspeed.** If the display has received good belt speed information at the startup, yet the drive begins sending values outside the expected it is reported as belt speed lost.
- **ERROR 7 - Controller Over-Current (Fold-back).** If the display receives motor current information from the drive that is outside of desired parameters.
- **ERROR 8 - Approaching Over-Temperature.** Internal controller temperature too high.
- **ERROR 9 - Display watchdog triggered.** If the Display Watchdog is triggered the console will reboot.
- **ERROR 92 - Over Current (Output).** Controller output current too high.
- **ERROR 93 - Over Voltage (DC Link).** Internal controller voltage too high.
- **ERROR 94 - Over Heat (Heatsink).** Controller temperature too high.
- **ERROR 95 - Low Voltage (DC Link).** Drive measures a low voltage on the input line.
- **ERROR 96 - Thermal Integrator of output current.** Drive measures a high current peak on the output line.
- **ERROR 98 - Display Communications lost.** Without drive belt movement. The drive lost communications with the display, where the display has not sent a valid response in 400 ms.
- **ERROR 99 - Display Communications lost.** With drive belt movement. The drive lost communications with the display, where the display has not sent a valid response in 400 ms.
- **ERROR 103 - Input Current OC trip (110 VAC only).** Drive measures a high current peak on the input line.
- **ERROR 105 - Thermal Integrator of Input Current (110 VAC only).** Input current is out of expected range.
- **ERROR 140 - Can not find home position on power-up.** The display does not receive a signal from the zero position switch during power up.
- **ERROR 141 - Can not find home position in normal use.** The display does not receive a signal from the zero position switch during use.
- **ERROR 142 - Out of incline range (over 15% or lower than -3%).** The display receives a position switch report that is outside of expected limits.
- **ERROR 150 - Out of Speed Range (over 150hz).** The display receives a report of belt speed that is over the expected speed.

ST6 – SERVICE
Displays the count-down to the next required service in miles or kilometers remaining. Also allows for resetting this odometer when a service has been performed.

Displayed as "SERVICE IN XXXXX MI (or KM)" where XXXXX is the distance until the next scheduled maintenance. The odometer is set to 15,000 miles (24,140 Km). The Odometer counts down from 15,000 (24,140 Km) miles to 0 before displaying the Service message. Press and hold the **CLEAR** key for three seconds while displaying the service odometer will reset it to 15,000 miles (24,140 Km).

ST7 – PGM USAGE
Each program has an individual usage meter associated with it to allow you to track frequency of use.

Displayed as "PR Y XXXXXX" where Y is the program number and XXXXX is the number of times this program was started (program chosen, setup completed and the treadmill enters Active Mode.) Use the Speed Control Keys to scroll through the 9 fixed and 9 custom program slots and view the number of starts for each.

4 - Preventive Maintenance

Warnings/Cautions

All warnings and cautions listed in this chapter are as follows:

WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

WARNING: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

WARNING: Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged. Do not touch components on the lower board. A charge can remain after unplugging the power cord and turning off the treadmill.

Regular Maintenance Activities

WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

Preventive maintenance activities must be performed to maintain normal operation of your treadmill. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventive maintenance activities. See Service Schedule located at the end of this chapter.

NOTE: *Worn or damaged components shall be replaced immediately or the treadmill removed from service until the repair is made.*

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your treadmill. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybex Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.*

Cleaning Your Treadmill

When cleaning your treadmill spray a mild cleaning agent, such as a water and dishsoap solution, on a clean cloth first and then wipe the treadmill with the damp cloth. ***NOTE:*** *Do not spray cleaning solution directly on the treadmill. Direct spraying could cause damage to the electronics and may void the warranty.*

WARNING: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

After Each Use — Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console,

as this might create an electrical hazard or cause failure of the electronics.

As Needed — Vacuum any dust or dirt that might accumulate under or around the treadmill. Motors are especially susceptible to dust and dirt, and restricted airflow can prevent adequate cooling that could shorten motor life. Cleaning this area should be done as often as indicated in the *Service Schedule.*

WARNING: Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged. Do not touch components on the lower board. A charge can remain after unplugging the power cord.

To clean the motor components, you must loosen the four Phillips head screws that hold the motor cover in place. Lift the cover straight up; the screws and side covers will stay in place. Use a vacuum attachment or hand vacuum to clean the exposed elevation assembly, drive motor, lower electronics and the surrounding areas.

Also use a dry cloth for the areas that you can not reach with the vacuum cleaner. If the machine has not been used for some time or is excessively dirty, use a *dry* cloth to wipe all exposed areas.

Carefully raise the rear of the treadmill and roll it back from its present position to vacuum the floor area underneath the unit. When finished, return the treadmill to its normal position.

Contact Heart Rate Grips — Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate. Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol. The grips are the only part of the treadmill you should use a cleaning solution containing rubbing alcohol.

Running Belt Maintenance

Belt and Deck — Wipe the belt surface and the deck area with a clean dry towel to minimize the effect of friction between the deck and the running belt. This should be done often to prevent premature wear of the deck, running belt, and the drive motor system. See the *Service Schedule* at the end of this chapter.

The running belt may become loose and slip on the drive roller with each foot plant. If it does, follow the *Tensioning and Centering the Belt* procedure below. See the *Service Schedule* in this chapter for a minimum schedule for checking the belt tension.

Tension and Center the Belt — If the belt is slipping under each step perform this procedure:

Tools Required

- 3/4" Socket wrench

1. Tension the belt.

A. Use a 3/4" socket wrench to turn each bolt 1/2 turn clockwise. See Figure 1.
NOTE: *Be sure to adjust each bolt equally on each side.*

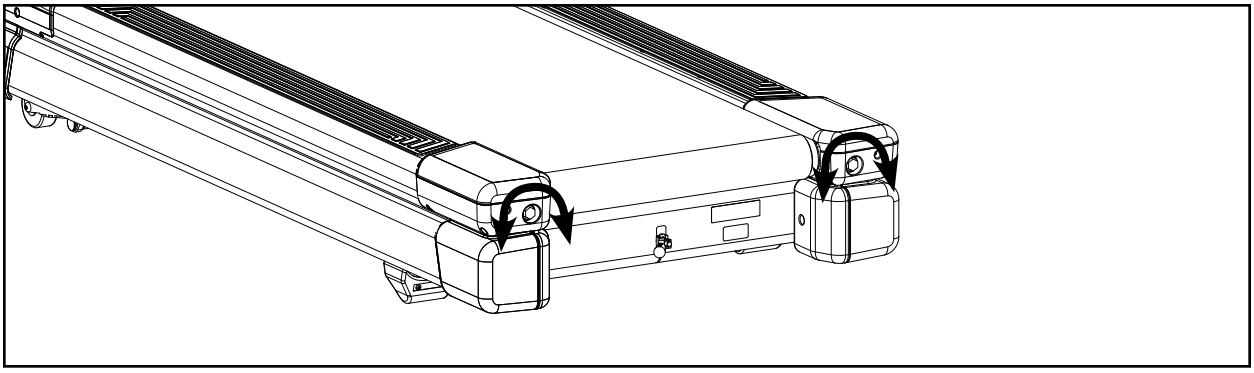

Figure 1

B. Press the **Quick Start** key.

C. Press the **Speed +** to bring the speed up to 3.5-4 mph (5.6-6.4 kph). Allow the treadmill to run for a minute.

D. Observe the belt to be sure it stays centered. If it is not centered follow step 2.

E. Walk on the belt to see if it still slips. If it does restart this procedure at step 1 A. If you have to do this procedure three times and it still slips call Cybex Customer Service. Follow the next step to be sure the belt is centered.

NOTE: *Be careful not to over tighten the belt. Over tightening the belt can cause the belt to stretch and require replacement.*

2. Center the belt.

NOTE: *While centering the belt choose one bolt to adjust. Do not adjust both bolts.*

A. With the treadmill running at 5 mph (8 kph) observe the running belt. If the belt tracks off center to the right or left, the deck will become exposed. Use a 3/4" socket wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example: If the belt moves to the right and the deck becomes exposed on the left, tighten the bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the belt does not move back to the center of the treadmill, make another adjustment to the ***same bolt***. Once the running belt has been adjusted closer to the center of the treadmill, use about 1/4 of a turn until the belt has been stabilized.

B. After the belt has been centered, check the belt tension again. Make sure the running belt tension is tight enough so that the belt does not slip or hesitate when stepped on. Walk on the treadmill at 3.5-4 mph (5.6-6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the belt is slipping. If the belt does slip, use a wrench to equally tighten ***both*** rear roller adjustment bolts 1/2 of a turn (clockwise). Adjust the belt until no further slipping is felt.

Checking the Belt and Deck Surfaces — The running belt and deck should be checked periodically for any excessive wear. In an effort to make sure that the running belt operates properly, visually inspect the belt often to make sure that there are no tears or fraying in the belt material. The running belt should be replaced and the running deck flipped every 15,000 miles (24,140 km). A service prompt will appear at this interval and the parts will need to be replaced.

Inspect the edges of the belt as described below.

Tools Required

- None

1. Disconnect the external power source.

A. Turn the main power switch on the front of the unit to the off (O) position.

B. Unplug the treadmill from the power outlet.

2. Check the belt and deck condition.

A. Look at the edges of the belt while you roll it by hand. If the belt has any rips or looks excessively worn the belt needs to be replaced.

B. Run your hand under the belt on the top of the deck surface. If you feel excessive ridges or cracks, or if any wood is exposed under the black surface, the deck should be replaced. In time, a worn belt and deck can cause high current draw and ultimately, motor failure.

NOTE: *If the running belt and deck need replacement refer to a qualified service technician.*

Other Preventive Maintenance

Other preventive maintenance activities must be completed by a qualified service technician at the recommended intervals listed in the *Service Schedule* at the end of this chapter. These activities include:

- Replace the running deck
- Replace the running belt

Elevation Motor Lubrication — In time the elevation motor pivot points may develop a squeak. Lubricate the upper and lower bolts and the spacers with a small amount of lithium grease. ***NOTE:*** *You can buy lithium grease at an auto parts store.*

Static Electricity — Depending upon where you live, you may experience dry air, causing a common experience of static electricity. This may be especially true in the winter time. You may notice a static build-up just by walking across a carpet and then touching a metal object. The same can hold true while working out on your treadmill. You may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Service Schedule

All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

NOTE: *This is the minimum recommended service.*

1. Determine mileage.

A. While in *Dormant Mode* enter *Statistics Mode* by pressing the sequence **CLEAR 999** and **ENTER**. The **ENTER** key is active to advance to the next screen. The **SPEED** control keys are also active to move forward or backwards in the menu.

B. Press the **SPEED** control keys to display "**6-SERVICE**" and miles or kilometers to the next required service will be displayed.

C. Record Mileage. ***NOTE:*** *Displays the count-down mileage to the next required service. Mileage start at 15,000 miles (24,140 Km) and counts down to 0.*

NOTE: *To exit Statistics Mode, press the* ***CLEAR*** *key .*

First 500 miles (800 km).

- Check running belt tension and tracking.

Every 5,000 miles (8,000 km).

- Check running belt tension and tracking.
- Move treadmill and vacuum underneath.
- Raise elevation to 15%, carefully tip treadmill up on the console to clean underneath with a dry cloth and vacuum. Return to normal position when done.

Every 15,000 miles (24,140 km).

- Replace running belt and flip deck.
- Check elevation assembly and replace worn parts.
- Lubricate elevation pivot points.

Every 30,000 miles (48,280 km).

- Replace running belt and deck.

2. Resetting the service odometer.

A. While in *Dormant Mode* enter *Statistics Mode* by pressing the sequence **CLEAR 999** and **ENTER**. The **ENTER** key is active to advance to the next screen. The **SPEED** control keys are also active to move forward or backwards in the menu.

B. Press the **SPEED** control keys to display "**6-SERVICE**" and miles or kilometers to the next required service will be displayed.

C. Press and hold the **CLEAR** key for three seconds to reset the service odometer to *15,000 miles (24,140 km)*.

NOTE: *Service may be performed before the 15,000 miles (24,140 km) service prompt appears. Perform the service on the unit and follow the above procedure to reset the service odometer to zero.*

Displays the count-down to the next required service in miles remaining. Also allows for resetting this odometer of a service has been performed.

Displayed as "SERVICE IN XXXXX MI (or KM)" where XXXXX is the distance until the next scheduled maintenance. The odometer is set to 15,000 miles (24,140 Km). The Odometer counts down from 15,000 (24,140 Km) miles to 0 before displaying the Service message. Press and hold the **CLEAR** key for three seconds while displaying the service odometer will reset it to 15,000 miles (24,140 Km).

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5 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at **888-462-9239.**

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300** or fax **508-533-5183.**

Serial Number and Voltage

Your serial number and voltage can be found on the rear of your treadmill. See Figure 1. For your convenience, record your serial number and voltage below so that you will have it ready if you call Cybex Customer Service.

Serial Number _____ Voltage _____

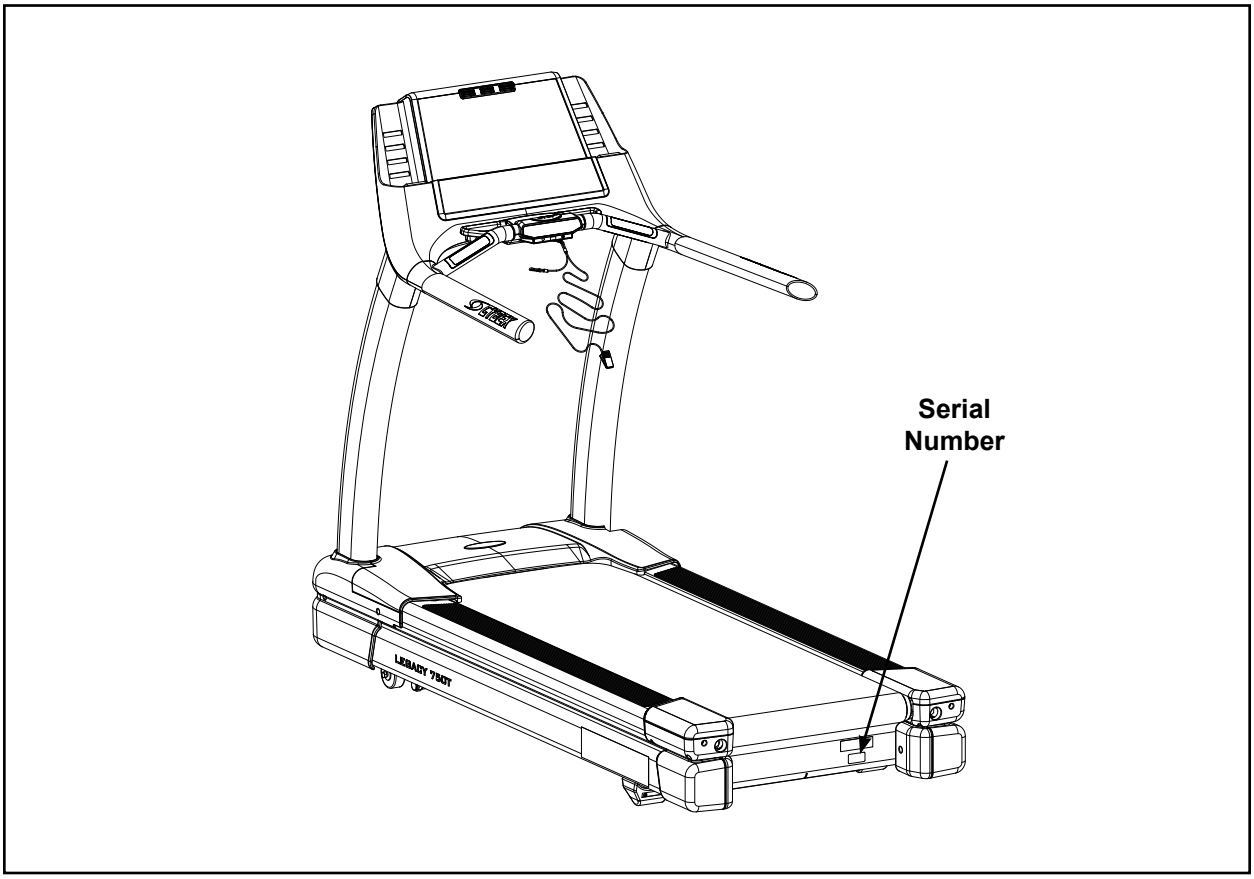

Figure 1

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for replacement, repair, or credit. The system assures that returned materials are properly handled and analyzed. Perform the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request an RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any item that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your treadmill. The serial number is located on the front panel of your treadmill. The serial number begins with a letter, for example: R09-101331100.
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you an RMA number and will send you an ARS label. The ARS label and RMA number must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include a description of the problem, the serial number of the treadmill and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.
   Attn: Customer Service Department
   Cybex International, Inc.
   10 Trotter Drive
   Medway, MA 02053

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.).

Apparent Damage — Upon receipt of your shipment, check all boxes carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carrier's refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage — Damage not seen with a visual check upon receipt of a shipment but noticed later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the date of delivery. Keep all shipping containers and packing materials, they will be needed as part of the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage is the carrier's responsibility.

Ordering Parts

Fax your order to **508-533-5183**. To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA)..

⚠ CAUTION

Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

Cybex will void warranty if non-Cybex replacement parts are used.

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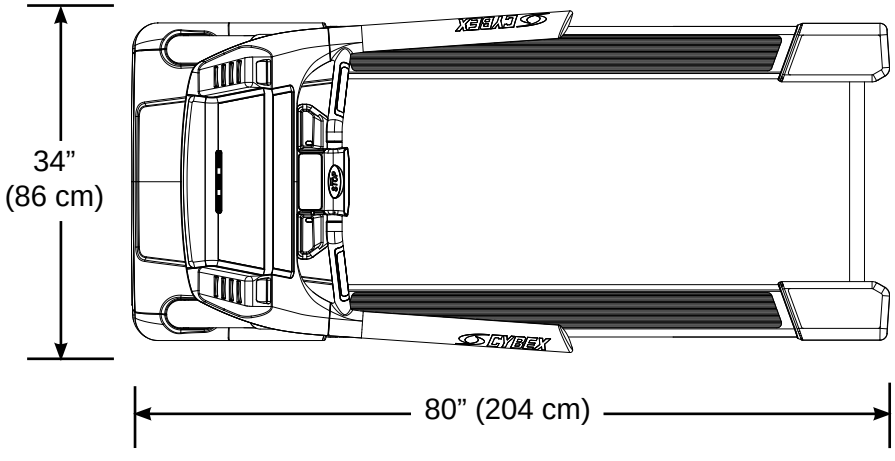
Appendix A - Technical Specifications

Specifications

Length:	80" (204 cm).
Width:	34" (86 cm).
Running Area:	22" x 62" (56 cm x 157 cm).
Weight of Product:	410 lbs. (186 kg).
Shipping Weight	440 lbs. (200 kg).
Speed Range:	0.5 to 15.6 mph (0.8 to 25.1 kph) in 0.1 mph or 0.1 kph increments. Default Max Speed is 12.4 mph (20.0 kph).
Incline Range:	-3 to 15% grade.
Manual Mode:	Yes.
Programs:	Quick Start plus Manual, Weight Loss, Rolling Hills, Hills, Pikes Peak, Hill Interval 1:1, Hill Interval 1:2, Hill Interval 1:3, Cardio, HR Control, eight Fitness Tests and nine Custom Programs.
Standard Features:	Safety Sentry™, Contact Heart Rate, Polar® wireless heart rate (chest strap not included), CSAFE, frame color choices include white texture, black texture, metaltone gold, black chrome and platinum sparkle.
Optional Features:	Unlimited custom colors available.
Power Requirement:	Grounded, single phase, dedicated line (discreet power and return for each circuit) and one of the following: • 100 VAC, 50/60 Hz, 20A. • 115 VAC, 60 Hz, 20A. • 220 VAC, 60 Hz, 15A. • 230 VAC, 50 Hz, 15A. • 230 VAC, 50 Hz, 13A.
Motor:	3.0 hp Continuous, 6.0 hp Peak, AC, Brushless.
Emergency Stop:	Pull the emergency stop key (e-stop).
Maximum User Weight:	400 lbs. (181 kg).
Options:	Embedded A/V channel and volume controls and video mount bracket.



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